



St. Margaret's Centre

Supporting people with mental health problems

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# COURSES

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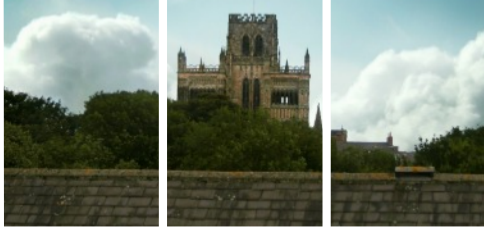
a guide to our courses in September, October and November 2017



pastel drawing by Andrea

## WHO ARE WE?

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St. Margaret's Centre

supporting people with mental health problems

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St. Margaret's Centre was established in 1991 and is situated in a beautiful stone building, with a view of 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, increased confidence and improved self esteem. A variety of activities are available to men and women in a welcoming environment.

## WHAT DO WE DO?

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Apart from the normal daily activities at the centre, which you can learn more about on our website [www.stmargaretscentre.co.uk](http://www.stmargaretscentre.co.uk), we have been running a diverse range of wellbeing courses now for a number of years.

These are usually around two hours long, and cover a variety of craft based subjects, including shabby chic, drawing, painting, and model making. Due to the courses becoming increasingly popular, we ask that you choose **one craft course only**.

As well as these, you may also like to come along to one of our self management courses which are designed to help you with coping strategies to overcome problems associated with low mood or anxiety, or a new course which will be coming soon which talks about Relapse Prevention.

Future courses are highlighted towards the end of this leaflet.  
Hope to see you soon!

# WHAT'S BEEN GOING ON?



## COURSE FEEDBACK

### 'STYLE A STOOL'

"I loved my first time in the upholstery department. Carol has been a brilliant teacher and has taught me a great deal and it has made me want to try other upholstery projects"

### 'TOYS FOR US'

"I would never have believed I could make a model plane like this! I feel a real sense of achievement and can't wait to try something else."

### ANIMAL MAGNETISM

"I liked the fact that the tutor showed us how to do the artwork but let us do the art ourselves, so giving the right level of support".

### IT'S A FINE LINE

"Olwyn explained the technique in a very straightforward way and is very supportive with learners".

### CRAFTERNOON

"I really look forward to Crafternoon. friendly group of people with new things to try every week. I have made some lovely things to take home which I'm really proud of."

### RELAPSE PREVENTION

"Knowing that there are more people like me so I don't feel alone like I used to do. It is very friendly, no pressure at all. Very helpful, Nicola is a good teacher"

"Learning different strategies, the dynamic of the group was helpful, talking to others who feel the same way."

# Monday

mornings

## **INTRODUCTION TO SHABBY CHIC PAINTING**



**2nd, 9th, 16th  
23rd October**

10.00am - 12.00pm

**UPHOLSTERY ROOM**

### **What is the shabby chic painting course about?**

This course is designed to tempt you to tackle a mini painting project that can be easily completed without any prior knowledge of chalk paints, providing the perfect introduction to the basics of this popular and versatile technique.

### **What are the benefits?**

Engaging in new craft projects can stimulate an interest in looking for new ideas and easy style updates for your home.

This can lead on to giving you the confidence to tackle larger 'upcycling' projects to further develop your skills, which can increase motivation and self confidence. The group will be small, no more than 6 people, which can help anyone who may suffer from social anxiety and members of the group can benefit from a more 'one to one' approach from an experienced tutor.

### **What will we be doing?**

The course runs for 4 weeks. Each week you will learn new techniques on the way to completing your box. You will choose the colours to paint the box and also choose a colourful paper to line the box. The box top can be embellished to your taste and can have a variety of uses in your home.

**A small charge of £3 will be made to cover the cost of materials.**

THE NEXT COURSE WILL BE

## **INTRODUCTION TO SHABBY CHIC PAINTING**

**6th November for 4 sessions**

10.00am - 12.00pm

**UPHOLSTERY  
ROOM**



# Monday

afternoons

## 'STYLE A STOOL'



**2nd, 9th, 16th, 23rd,  
30th October,  
6th November**

1.30pm - 3.30pm

**UPHOLSTERY ROOM**

### What is the 'Style a Stool' course about?

This course is all about using new ideas to transform old things.

We will be 'upcycling' a stool by painting the legs and using unusual items to cover the top of the stool, keeping in line with modern trends.

### What are the benefits?

Working in a small and friendly group has known mental health benefits, as it can help to overcome some social anxieties and build friendships in a safe and supportive environment.

This type of course can also help people to build up enough confidence to tackle a variety of upcycling projects around the home, so that the benefits of becoming more motivated can extend past the course itself, nurturing a desire to follow trends on a budget.

### What will we be doing?

The course lasts for 6 weeks.

You will paint the stool legs to complement the colours of the top. The paint is then waxed and distressed. Each layer of upholstery stuffings are demonstrated and tips/correct techniques used are explained, culminating in the finished article. **A small charge of £5 will be made to cover the cost of materials.**

THE NEXT COURSE WILL BE

## 'STYLE A STOOL'

**13th November**

**for 6 sessions**

1.30 - 3.30pm

**UPHOLSTERY  
ROOM**



# Tuesday

mornings

## RECORDER GROUP



**12th, 19th, 26th Sept,  
3rd, 10th, 17th Oct**

10.00am - 12.00pm

**MEETING ROOM 1**

### What is the Recorder Group?

This is just a few people getting together to take their very first musical steps! We use a recorder because they are inexpensive to purchase and reasonably straightforward to master, so hopefully after a few sessions, we'll be able to play a tune or two!

### What are the benefits?

No matter what skill level you are at, playing a musical instrument is a great cognitive exercise. The health benefits range from lowering stress and blood pressure to helping to prevent dementia and depression. It keeps the mind sharp and increases hand-eye co-ordination, not forgetting the boost in self-esteem that comes from tackling and accomplishing a new challenge.

### What will we be doing?

We will learn how to hold the recorder and how to blow correctly to produce a sound. We will begin by learning the easiest note, B, and we will see what it looks like on the written music. From there we will learn new notes, one at a time, until we can play a simple tune!

**Recorders can be purchased from Argos, from the centre for no more than £5, or you can borrow one for the duration of the course.**

THE NEXT COURSE WILL BE

## **CHRISTMAS BAUBLE DECORATING**

**24th October  
for 5 sessions**

10.00am - 12.00pm

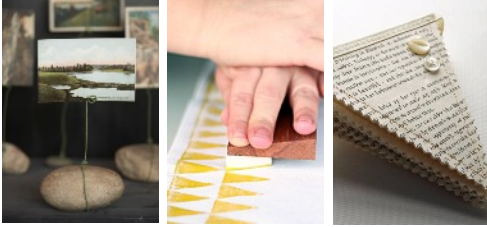
**ACTIVITIES ROOM**



# Tuesday

afternoons

## CRAFTERNOON



**12th, 19th, 26th Sep,  
3rd, 10th, 17th Oct**

**1.30pm - 3.30pm**

**ACTIVITIES ROOM**

### What is a 'Crafternoon'?

This is a series of afternoon craft sessions, usually six, where we explore a different craft each week.

### What are the benefits?

Introducing a different craft each week can stimulate new interests, which can go on to be rewarding and fulfilling hobbies at home. Mastering the basics with the aid of a tutor can raise confidence and self esteem enough to change "I can't" to "I didn't realise I could".

Students can benefit from social inclusion and enjoy being part of a friendly group where they can meet and exchange craft ideas in a supportive and creative environment.

### What will we be doing?

The activities for each session will be listed in advance, so that one or more can be booked. This series will be:

1 - Geo-printing 2 - Crumpled paper cards 3 - Hessian printed key fobs  
4 - Photo holders 5 - House Jars - 6 - Book paper bunting

Students will be able to take home their artwork.

THE NEXT COURSE WILL BE

## ADVENT CALENDARS

**24th October  
for 6 sessions**

1.30pm - 3.30pm

**ACTIVITIES ROOM**



# Thursday

mornings

## RELAPSE PREVENTION



### COURSE A

14th, 21st, 28th Sept

### COURSE B

5th, 12th, 19th Oct

10.00am - 12.00pm

**MEETING ROOM 1**

### What is relapse prevention?

This is a short programme developed to enable the individual to stay well.

### What are the benefits?

Being 'well' means something different to everyone.

This course will help us figure out what being well actually means to us and what needs to be put in place to maintain this. You will benefit from being involved in a small, friendly and supportive group of people and you will learn tips and self help strategies to help you manage life's hurdles in a calmer and more positive way.

### What will we be doing?

You will learn how to identify early warning signs and triggers and how to identify the best ways to monitor yourself. You will learn how to maintain wellness and lastly you will develop a plan to help prevent relapse.

There are two IDENTICAL courses, COURSE A or COURSE B.

Each one lasts three weeks,

Please make sure that you specify which one you would like to attend when you register.

THE NEXT COURSE WILL BE

**MANAGING**

**ANXIETY**

**AND LOW MOOD**

**26th October for 6 sessions**

10.00 am - 12.00pm

**MEETING ROOM 1**





# Thursday

afternoons

## **ANIMALS IN WATERCOLOUR**

**DISCOVERABILITY**



**14th, 21st, 28th Sept,**

**5th, 12th, 19th Oct**

**1.30pm - 3.30pm**

**ACTIVITIES ROOM**

### **What is Animals in Watercolour?**

This is a course which teaches you the basics of watercolour painting and how to apply them to the subject of animal painting, paying attention to the details and with a few tips and tricks, bringing your paintings to life!

### **What are the benefits?**

Painting is a good way to relax. It can be therapeutic because it allows the mind to focus on the images at hand and nothing else. This focus towards one central topic relieves stress on the mind and in turn, relaxes the body. This relaxation minimises muscle soreness, joint pain, headaches and other physical ailments. It has a similar effect to meditation. That's not to mention the boost in self confidence when you create something you didn't realise you could do! Come along and surprise yourself!

### **What will we be doing?**

Each week we will start the class with a demonstration, and a few tips on techniques. We will learn how to paint realistic eyes to bring your animals to life and how to build up layers of fur to give your paintings that 3D effect! No drawing skills are required, so don't worry, let's just enjoy the painting and the rewards it can bring.

THE NEXT COURSE WILL BE

## **BROWN PAPER CHRISTMAS CARDS**

**26th October  
for 6 sessions**

**1.30pm - 3.30pm**

**ACTIVITIES ROOM**



# Ongoing

at the centre



## WOODEN TOY MAKING PROJECTS



**THIS IS ONE OF THE MANY  
ACTIVITIES YOU CAN  
ACCESS WHEN YOU  
FULLY ATTEND THE CENTRE  
WOODWORK ROOM**

### **What are these projects about?**

This kind of project is about getting back to the basics of woodworking, drawing plans, cutting out the different components and assembling them to make wooden toys.

### **What are the benefits?**

This is a valuable opportunity to work within a well equipped workshop with a qualified woodwork instructor in a real working environment.

Working with wood has real and measurable health and wellbeing benefits. It is known that the natural warmth and tactile nature of wood can have a soothing effect upon people, lowering blood pressure and heart rates, reducing stress and anxiety and increasing positive social interaction. These projects are designed to introduce people to new skills, building confidence in abilities and raising self esteem.

### **What will we be doing?**

You will be learning to use a variety of hand and power tools to make one of two wooden toys, a toy 'Sopworth Camel' aeroplane or a 'Boris the Tank Engine' toy train.

You will begin by learning how to draw out plans with an introduction to technical drawing and we will draw the various components to actual size.

You will move on to cutting them out using a variety of hand and power tools and we will be learning different ways to assemble components to make a chosen product.

Finally, you will learn about different finishing techniques as you put the finishing touches to your model.

Everyone who has worked on a model, from plans to finished piece, will be able to take it home.



# The Cutting Edge

Bringing your ideas to life

## What is The Cutting Edge?

The Cutting Edge is the new name for our MDF craft business, which is based in St. Margaret's Centre itself.

We have been providing an increasingly popular service to all our crafting customers for over a year now, machining 3D MDF letters, shapes and self assembly models.

The pieces are usually sold as blanks for customers to decorate themselves and you can choose from our extensive library of products, or request an idea of your own.

## How do I see the products available?

Some of our products are already on display on our website at [www.stmargaretscentre.co.uk](http://www.stmargaretscentre.co.uk)

but we are currently developing a brand new website which will make everything much clearer and more accessible.

You can also pop in to the centre itself and have a look at some of the products on display and have a chat to the product designers. Just give us a ring and arrange an appointment!

We also have a stall in Durham Market Place on the third Thursday of each month. This gives us a chance to showcase our products and raise awareness for the centre, so you could come and meet us there!



# CREE



## **What is a Cree or 'Men's Shed'?**

The key element of a Cree is the bringing together of adult men to partake in a range of activities which can reduce social isolation and improve mental health. In a sense, this is a larger version of the typical man's shed in the garden - a place where he feels at home and pursues practical interests with a high degree of autonomy. A Cree offers this to a group of such men where members share the tools and resources that they need to work with on projects of their own choosing, at their own pace, in a safe, friendly and inclusive venue. They are places of skill-sharing and informal learning, of individual pursuits and community projects, of purpose, achievement and social interaction - a place of leisure where men come together to work.

## **What are the benefits?**

A Cree group can improve self esteem by giving men a sense of purpose after retirement, unemployment or illness and a feeling of achievement and satisfaction in terms of their ability to contribute and be part of something that benefits the community.

The opportunity for regular social interaction and hands-on activity in groups, is particularly powerful, therapeutic and likely to have broader mental health and wellbeing benefits.



# CREE



## What will we be doing?

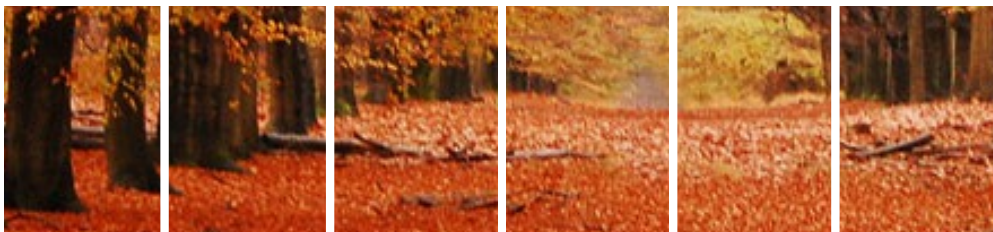
Here at the centre, we are fully equipped to take on a wide variety of practical activities, including, furniture restoration, upholstery, art, horticulture, woodwork and CNC machined craft work.

Anyone who attends the Cree may use the materials and facilities under the guidance of the tutors to develop their projects to meet their needs. Days and times can be arranged by contacting the centre.



## WHAT'S COMING UP?

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## FUTURE COURSES

### this is me

PREPARING YOURSELF FOR MEANINGFUL OCCUPATION

One day course from 10.00am - 3.00pm

**Friday 6th October**

**Whether you're looking for employment, voluntary work or further education, this course is designed to help you to present your skills in the best possible way.**

A new one day course for anyone wishing to feel more confident and prepared to take steps towards meaningful occupation, education or maybe even volunteering.

At the end of the session, you will be able to recognise what is important to you in meaningful employment.

You will identify your skills and interests, working out your best points and what you have to offer.

You will learn how to recognise your achievements and how best to highlight them.

You will identify your priorities and work out your goals in life.

After lunch, you will learn how to prepare a personal statement, a CV and a covering letter, which are all useful tools to give you the best possible chance of moving forward.

**If you are interested, please contact Rob or Lisa on 0191 3848100**

### BOXERCISE

**11.30am-12pm every Friday**

**from 22nd September**

Boxercise is an all over body conditioning exercise session which incorporates boxing moves and gloves and pads workouts to improve co-ordination and agility aswell as shaping and toning muscle groups.

**If you are interested, please contact Rob or Lisa on 0191 3848100**



# DMP

## DANCE MOVEMENT PSYCHOTHERAPY

with Deborah Cairns

'Experience Durham'

-No previous dance experience required!

-A journey of self-discovery

**Mondays 10.30am - 11.30am from September 25th 2017**

### What are the benefits of DMP?

- To improve self-awareness, knowledge, and esteem
- To develop understanding of yourself and your body
- Improve communication skills
- Stimulates self-expression
- Developing a trusting relationship

## C.B.T. Training

**4th, 11th and 18th September 2017**

### 3 DAY FOUNDATION COURSE

9 am - 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.

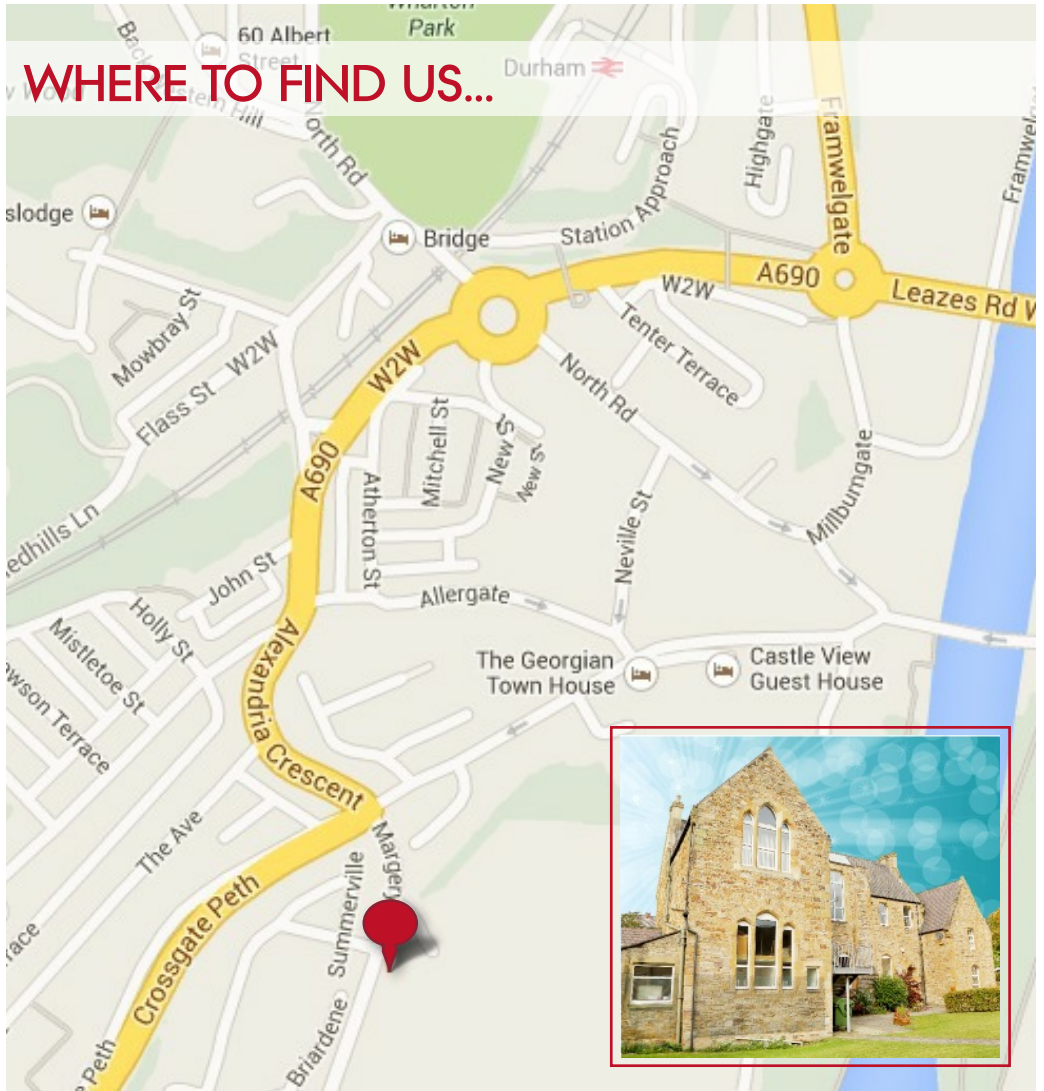
**There is a charge to access this course.**

## HOW DO I ACCESS THE COURSES?

**Accessing the courses is easy.**

- . Have a look through the course leaflet and see which courses you're interested in. (Check to see if you can attend all of the sessions - the dates are listed on the appropriate page. Please do not sign up for a course if you know beforehand that you will not be able to attend some of them).
- . Call the centre on 0191 3848100 and secure your place.
- . On the day, you will be asked to fill in a registration form with a few basic details, and a feedback form at the end.
- . A certificate will be awarded upon completion of the course.

# WHERE TO FIND US...



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'The Old School'  
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