



St. Margaret's Centre

Supporting people with mental health problems

COURSES

a guide to our courses in January and February 2018



pastel drawing by Helen

WHO ARE WE?



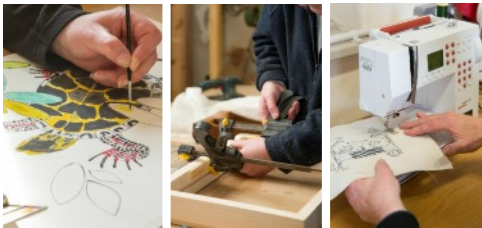
St. Margaret's Centre

supporting people with mental health problems

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?



Apart from the normal daily activities at the centre, which you can learn more about on our website 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.

There have been some changes to our course timetable and from 22nd February, the craft and self management courses will take place on Thursdays.

Upholstery and shabby chic courses will take place on Mondays and Tuesdays.

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

WHAT'S BEEN GOING ON?



COURSE FEEDBACK

SEASONAL PASTEL DRAWING

"I love how easy it is to create something beautiful."

"You can lose yourself in doing some of the activities."

"It inspired me to go home and make lots of magical Christmas cards and a painting with pastels, so gave me some confidence. Thankyou."



CHRISTMAS PEBBLE PAINTING

"I enjoyed the chance to be completely creative and do what I fancied. It was also really good to see what everyone else did, they had some amazing ideas! Thankyou"



CHRISTMAS BAUBLE DECORATION

"I like making things and enjoy the company. Olwyn always explains everything well and the crafts turn out better than I expect"

"I liked the laughter, the teacher, the great support"



BROWN PAPER CHRISTMAS CARDS

"I liked everything about this wonderful course. It has been creative and therapeutic in the best possible way. The atmosphere has been friendly and supportive and a wonderful place in which to learn"



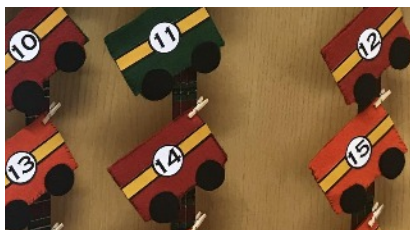
CHRISTMAS TREATS

"Relaxing, fun and can eat the end result!"
"Nothing needs to be improved, St. Margaret's Centre is fab and really helps with mental health. Thankyou!"



ADVENT CALENDARS

"Loved the company and the festive feeling doing the adverts for the grandchildren"
"I liked seeing a large goal being completed step by step each week"



CAROL SINGING

" Good for the soul! Made me feel extra festive and happy!"
" Makes me feel wonderful...I think we should do it all year round!"
"Nicola and Andrea really livened the mood!"



MANAGING ANXIETY AND LOW MOOD

"Informative, relaxed with user participation"
"It helps to meet other people who have experienced similar feelings to myself. I found that this, along with a relaxed atmosphere, lots of helpful information and self management tips, really helped"



Monday

mornings

'STYLE A STOOL'



8th, 15th, 22nd,

29th January,

5th, 12th February

10.00am - 12.00pm

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

**DETAILS TO
BE ARRANGED**

10.00am - 12.00pm

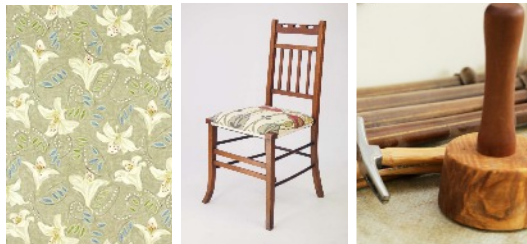
**UPHOLSTERY
ROOM**



Monday

afternoons

ADVANCED UPHOLSTERY



**8th, 15th, 22nd,
29th January,
5th, 12th February**

1.30pm - 3.30pm

UPHOLSTERY ROOM

What is Advanced Upholstery?

This course has been designed for past attendees of the 'Style a Stool' course who wish to progress their skills further.

What are the benefits?

The benefits of progressing in a skill, especially one that gives you a finished product at the end, is extremely good for one's self esteem.

Learning the skill and witnessing the results of your labour, is a good way to reinforce the reward system in your brain, leading to feelings of personal pride.

Not only this, but craft groups can be a very good social activity, getting together with like-minded people. As humans, we crave social interaction and belonging to a group is a good way to satisfy that basic human desire. It also gives you a sense of belonging which is another way to boost self esteem and happiness..

What will we be doing?

You will be painting a small bedroom chair and upholstering the seat using the 'pincushion' technique.

A small charge of £5 will be charged to cover the cost of the materials.

THE NEXT COURSE WILL BE

**DETAILS TO
BE ARRANGED**

1.30 - 3.30pm

**UPHOLSTERY
ROOM**



Tuesday

mornings

VALENTINE'S DAY HEARTS



**16th, 23rd, 30th Jan,
6th Feb**

10.00am - 12.00pm

UPHOLSTERY ROOM

What are Valentine's Day Hearts?

These are MDF hearts which are decorated with different fabrics and embellishments.

What are the benefits?

One of the great things about crafts is learning to focus on a task, often for hours at a time. The focus that you need to do the task will begin to improve your concentration. As with anything, if you train it, it will get better and concentration is no different. By improving your concentration, you will be able to start applying it to other aspects of your life and you should find that tasks become easier because of your improved focus and concentration. You can also benefit from being involved in a small and friendly group of people with similar interests in a pleasant and stimulating environment.

What will we be doing?

You will use different techniques to produce hearts for Valentine's Day theme.

In week 1, you will use net curtains and spray paints to create a design on an MDF heart. You will then embellish with gem stones.

In week 2, you will make a Raggy Heart. You will choose fabrics to cut up and twist into shape around the heart's surface.

In week 3 you will learn how to pad out the heart shape using a variety of techniques. Plain hearts can be used to display your favourite piece of jewellery, maybe a brooch or a necklace.

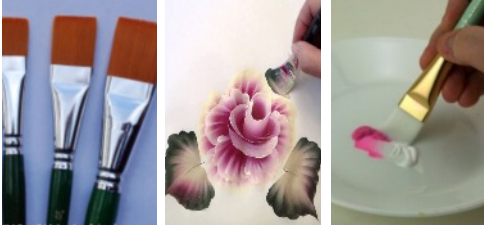
In week 4 you will make a Multi-layered Heart using techniques learned in the previous weeks. Let your creativity run riot to produce your own bespoke heart using buttons, jewellery and lace.

Tuesday

mornings

ONE STROKE PAINTING

DISCOVERABILITY



9th, 16th, 23rd, 30th Jan
6th, 13th Feb

10.00am - 12.00pm

ACTIVITIES ROOM

What is One Stroke painting?

As the name suggests, the one stroke painting technique means you can do everything in just one stroke, including shading, highlighting and blending. All you have to do is load different colours on to a flat brush!

What are the benefits?

The benefits of painting are well documented and have been proven to distract the mind by concentrating on details, giving you a break from your usual thoughts. The repetitive and rhythmical strokes of the brush have also been known to have a soothing effect upon the nervous system. The results themselves can be rewarding, raising self esteem and confidence in abilities. Working in a small and friendly group also has known mental health benefits, helping to build friendships and reduce social anxiety.

What will we be doing?

We will be starting with the basics...learning how to load the brush and doing some simple strokes, improving our hand/eye co-ordination. Then, as the weeks go on, we will learn how to build on our successes, until we have mastered the techniques and can paint flowers and leaves with one stroke!

THERE HAVE BEEN SOME CHANGES TO OUR USUAL COURSE TIMETABLE AND NOW ALL OF OUR CRAFT AND SELF MANAGEMENT COURSES WILL TAKE PLACE ON A THURSDAY. UPHOLSTERY AND SHABBY CHIC COURSES WILL TAKE PLACE ON MONDAYS AND TUESDAYS.

Tuesday

afternoons

WEAVE



**9th, 16th, 23rd, 30th Jan
6th, 13th Feb**

1.30pm - 3.30pm

ACTIVITIES ROOM

What is Weave?

Weave is an age old technique of producing fabric. The way in which the two threads are entwined together give different patterns within the end product. Weaving is a simple but fun way to create fabric which can be used to make wall hangings and home decor to treasure forever.

What are the benefits?

One of the great things about crafts is learning to focus on a task, often for hours at a time. The focus that you need to do the task will begin to improve your concentration. As with anything, if you train it, it will get better and concentration is no different. By improving your concentration, you will be able to start applying it to other aspects of your life and you should find that tasks become easier because of your improved focus and concentration. You can also benefit from being involved in a small and friendly group of people with similar interests in a pleasant and stimulating environment.

What will we be doing?

You will learn the basics of weaving, using a cardboard loom at first, to produce coasters, bookmarks and other small items. In later weeks, we will use all we have learned to produce a larger piece using a frame loom.

THERE HAVE BEEN SOME CHANGES TO OUR USUAL COURSE TIMETABLE AND NOW ALL OF OUR CRAFT AND SELF MANAGEMENT COURSES WILL TAKE PLACE ON A THURSDAY. UPHOLSTERY AND SHABBY CHIC COURSES WILL TAKE PLACE ON MONDAYS AND TUESDAYS.

Thursday

mornings

MANAGING ANXIETY AND LOW MOOD



**11th, 18th, 25th Jan,
1st, 8th, 15th Feb**

10.00am - 12.00pm

MEETING ROOM 1

What is this course about?

This course is about anxiety and low mood and how both can have an impact on our daily lives. The course aims to give you self help strategies to help you manage your anxiety or low mood yourself, building up your confidence and self esteem and giving you the tools to manage your life in a more positive way.

What are the benefits?

Using CBT to help you to think more rationally, instead of allowing negative thoughts to creep in can help you to take more control of your thoughts and allow your self confidence and belief in yourself to grow.

Giving you the tools to manage your life with a more positive approach can also have a beneficial effect upon your low mood and also allow you to deal with any anxious situations in a calmer way.

What will we be doing?

Over the course of 6 weeks, you will learn how to identify the symptoms of stress and anxiety and how to deal with them. You will learn self help techniques like distraction, controlled breathing and relaxation, and how to make changes which can lead to a more positive outlook in life.

THE NEXT COURSE WILL BE

MANAGING ANXIETY AND LOW MOOD

22nd February for 6 sessions

10.00 am - 12.00pm

MEETING ROOM 1

THE NEXT COURSE WILL BE

IT'S A FINE LINE

22nd February for 6 sessions

10.00 am - 12.00pm

ACTIVITIES ROOM

Thursday

afternoons

RECORDER GROUP



**11th, 18th, 25th Jan,
1st, 8th, 15th Feb**
1.30pm - 3.30pm
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

HOME SWEET HOME

22nd February for 6 sessions

1.30pm - 3.30pm

ACTIVITIES ROOM

THE NEXT COURSE WILL BE

BROWN PAPER GREETINGS CARDS

22nd February for 6 sessions

1.30pm - 3.30pm

MEETING ROOM 1

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.

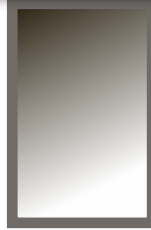
You will move on to cutting them out using a variety of hand and power tools and we will be learning different ways to assemble components to make a chosen product.

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.

CREE

TUESDAYS 10am - 12.00pm



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?

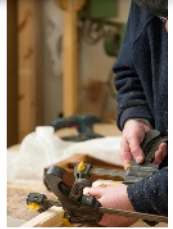
A Cree group can improve self esteem by giving men a sense of purpose after retirement, unemployment or illness and a feeling of achievement and satisfaction in terms of their ability to contribute and be part of something that benefits the community.

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

TUESDAYS 10am - 12.00pm



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?



FUTURE COURSES

this is me

PREPARING YOURSELF FOR MEANINGFUL OCCUPATION

One day course from 10.00am - 3.00pm

26th Jan, 23rd March,

18th May 2018

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.

HOW DO I ACCESS THE COURSES?

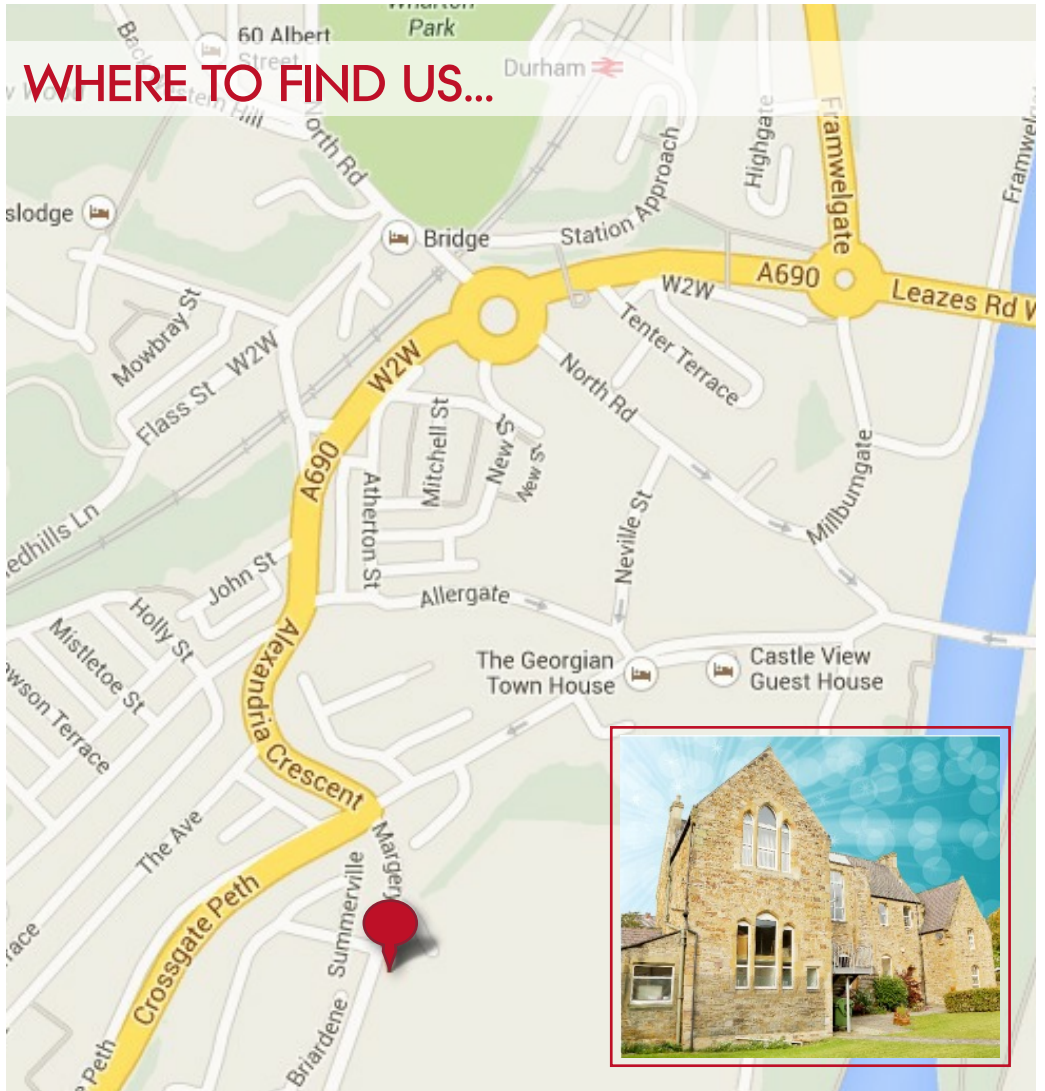
Accessing the courses is easy.

- . 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.)
- . 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.

www.stmargaretscentre.co.uk

Tel: 0191 3848100

WHERE TO FIND US...



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