

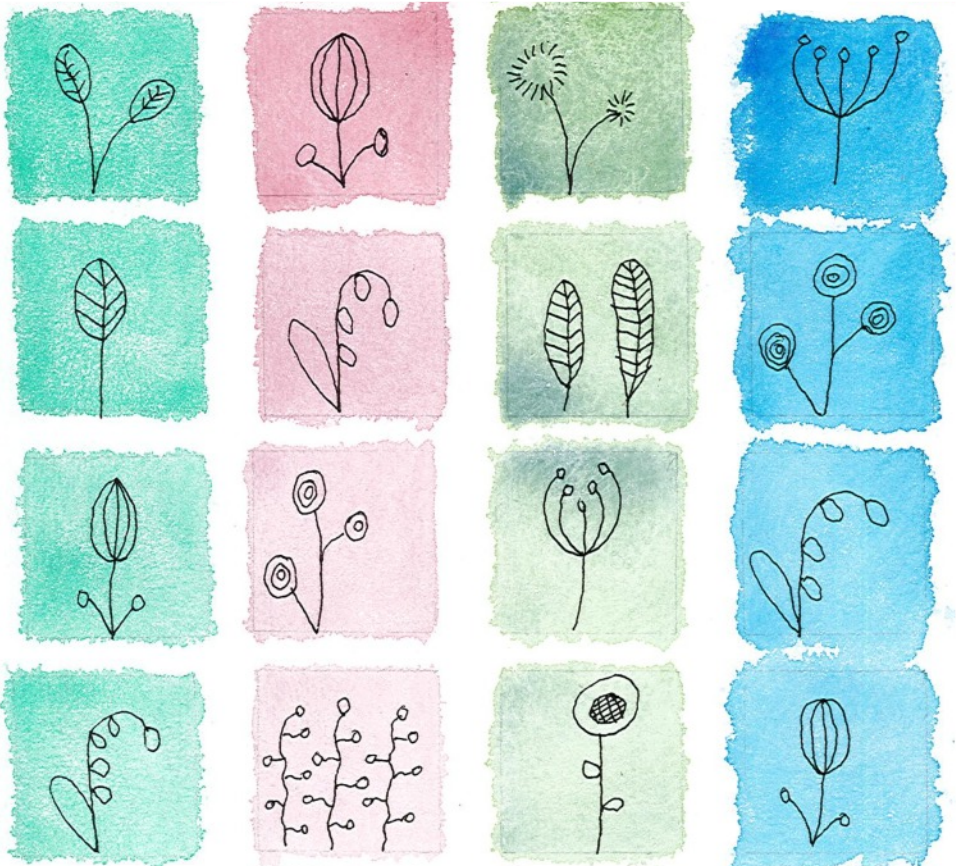


St. Margaret's Centre

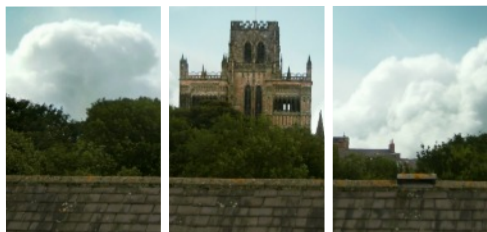
Supporting people with mental health problems

COURSES

a guide to our courses in July and August



WHO ARE WE?



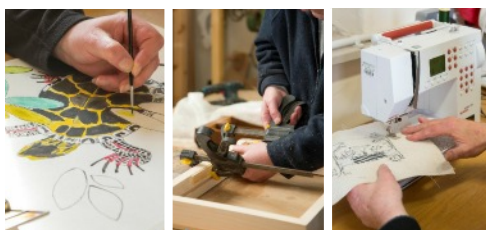
St. Margaret's Centre

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, or even help you to make healthier lifestyle choices in our new healthy eating course.

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

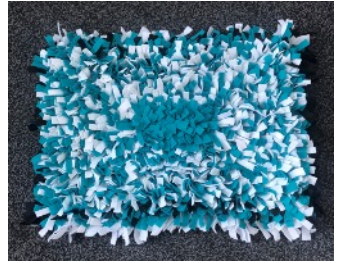
Upholstery and shabby chic courses are currently taking place on a Monday, with 'Style a Stool' on a morning and 'Decorated Hearts' on an afternoon.

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?

RAGGY RUGS

"Everyone was really friendly and Nicola was very helpful making sure we were ok. My rug isn't finished yet but I am continuing it at home and would love to make more. I am feeling so much better as a result of attending courses here."



FAIR AND SQUARE

"Being in the same place as other people 'being'. Learning new ways to bring my creativity into the world....one day these skills will sustain my presence. A place to learn and be okay."

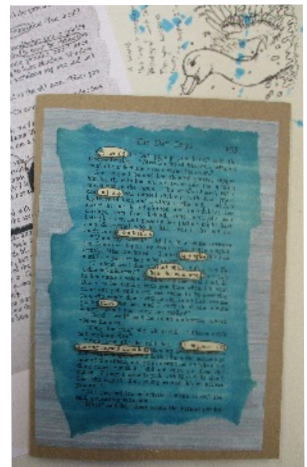
"There was a friendly atmosphere and no pressure or judgement. Everything was easy to understand."

"I enjoyed learning new techniques and having a natter."



THE JOY OF TEXT

"I liked learning all the new crafts for example Posca pens, brush pens, 'Blackout' poetry, the people on the courses and the staff. I feel myself getting better and look forward to coming. I'm coping better and taking better care of myself."



EATING WELL

"Learned lots of new helpful things for swaps towards healthier eating. Have tried some of the recipes with great success. Would recommend this course to anyone. Nicola presents very well."

"I liked trying the food, going home and making the food myself. Very informative."



STYLE A STOOL

"Yes, the course was excellent. Carol explained things well and why and how things were done in a certain way. She gave helpful feedback about my work and showed me what I needed to do to improve. A great experience that has Improved my mental outlook. I always feel happier after the morning's session."



VALENTINES HEARTS

"Really enjoyed this course and it was good to learn a few interesting new techniques."

"I am really pleased with the results of my work and I feel quite proud of what I have managed to achieve."



UPHOLSTERY STAGE 2

"Superb tutor, very relaxed presentation, fabulous skills demonstrated. Patience of a saint."

"The tutor Carol, is helpful and patient, the other learners were also helpful and we worked well together."



Thursday

mornings

ZENTANGLE

DRAWING WITH FINELINERS



**28th June,
5th, 12th, 19th,
26th July**
10.00am - 12.00pm
ACTIVITIES ROOM

What is Zentangle?

Zentangle is an easy to learn method of creating beautiful images from drawing repetitive patterns with fineliners. It is a fascinating new art form that is fun and relaxing. Patterns can be as simple as drawing dots or lines or they can include more complicated ones with added 3D effects!

What are the benefits?

The benefits of learning a new skill can be felt immediately. The feel-good factor, sense of excitement and achievement that comes from mastering a new task, particularly a challenging one, is fantastic and can be a tremendous boost to self-esteem and confidence.

Apart from the satisfaction gained from learning a new skill, 'Zentangling' can provide great artistic satisfaction and an increased sense of personal well being.

What will we be doing?

You will start with the basics - drawing very simple patterns and you can enjoy seeing new patterns emerge as you combine them together. As we progress through the course, you can introduce colour and shading to add some 3 dimensional effects to your artwork.

THE NEXT COURSE WILL BE

EXPLORING MANDALAS

ROUND AND ROUND WE GO!

9th August
for 5 sessions

10.00am - 12.00pm
ACTIVITIES ROOM



Thursday

mornings

MANAGING LOW MOOD AND ANXIETY



**28th June,
5th, 12th, 19th,
26th July,
2nd August**
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.

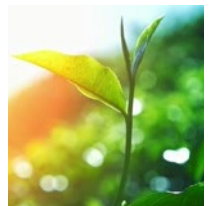
What will we be doing?

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 LOW MOOD
AND ANXIETY
9th August
for 6 sessions**

10.00am - 12.00pm
MEETING ROOM 1



Thursday

afternoons

RECORDER PLAYING

OUR EVER POPULAR COURSE



**28th June,
5th, 12th, 19th,
26th July**
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

BRUSH LETTERING

INTRODUCTION TO MODERN CALLIGRAPHY

9th August
for 5 sessions

1.30pm - 3.30pm

ACTIVITIES ROOM



Thursday

afternoons

FLOWER POWER

FLORAL CRAFTS



**28th June,
5th, 12th, 19th,
26th July,
2nd August**
1.30pm - 3.30pm
ACTIVITIES ROOM

What is this course about?

'Flower Power' is a new course which is run in the same way as our ever popular 'Crafternoon' courses. You will take inspiration from flowers and use it to create and decorate beautiful artwork and craft items for your home.

What are the benefits?

Introducing a new craft 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". Participants 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, in fact this particular craft, which involves simple repetitive movements, is perfect for conversation.

What will you be doing?

Over the 6 weeks, you will explore different crafts including decorated flower pots, 3D mason jar cards and even sugar paste flowers! Each week, you will tackle a new mini project and you will be able to take your artwork home to keep or give away as hand made gifts.

THE NEXT COURSE WILL BE

SUMMER CHOIR

SONGS WITH A SUNSHINE THEME

9th August
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.

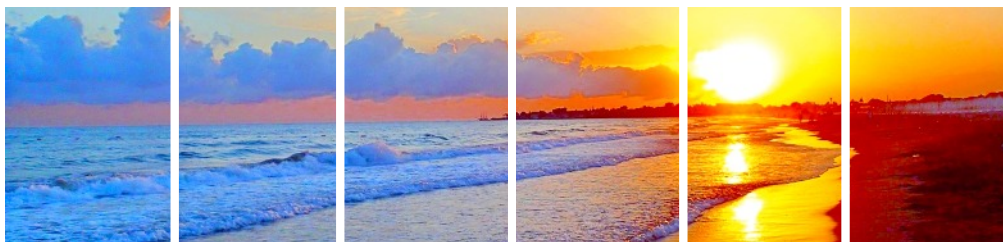
What are the benefits?

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.



WHAT'S COMING UP?



FUTURE COURSES

C.B.T. Training

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 aimed at health care workers.

COURSE FEE: £240

17th September

24th September

1st October

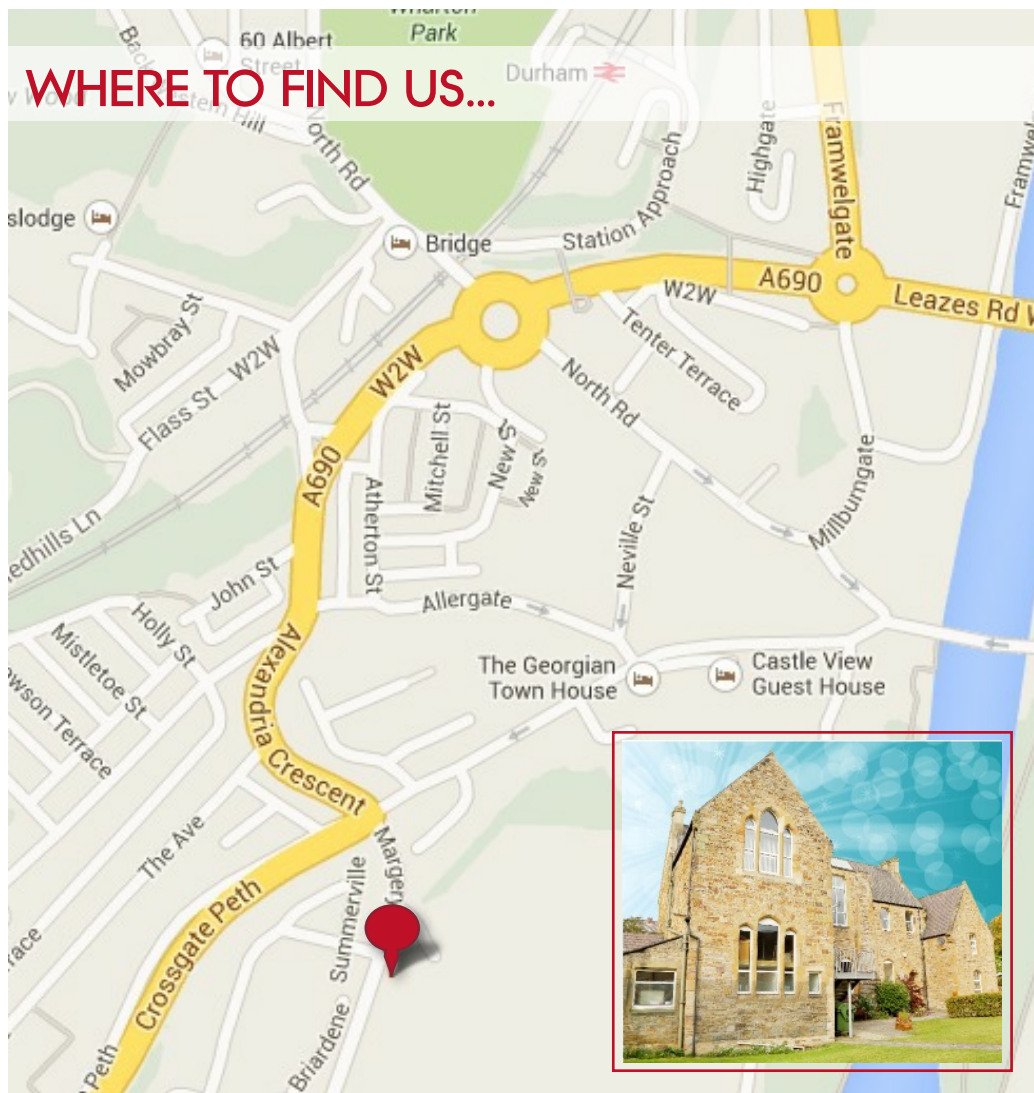


HOW DO I ACCESS THE COURSES?

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.

WHERE TO FIND US...



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'The Old School'
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