



St. Margaret's Centre

Supporting people with mental health problems

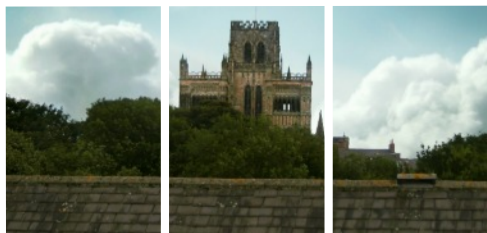
COURSES

a guide to our courses in August and September



pastel drawing by Jackie

WHO ARE WE?



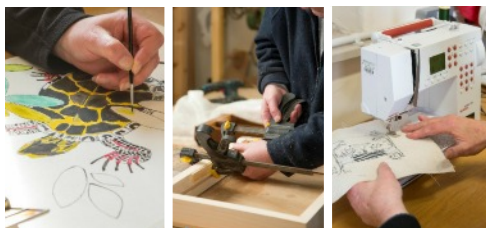
St. Margaret's Centre

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.

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

PLEASE NOTE THAT THERE WILL BE A SMALL CHARGE FOR SOME COURSES TO COVER THE COST OF MATERIALS. THESE COURSES WILL HAVE THIS SYMBOL



WHAT'S BEEN GOING ON?

PASTEL DRAWING

"Brought my love of pastels back."

"Fun! Relaxed and surprising results."

"I enjoyed smudging the colours and getting right into the chalk pastels and getting my fingers dirty."



3D CARD MAKING

"I enjoyed the process of making the cards and very pleased with the cards when they were finished. The atmosphere of the course was very friendly and helpful."

"I loved the variety of different cards we made. They were easy to Understand. It was a really nice friendly group too!"



BIRTHDAYS ALL WRAPPED UP

"It was good fun making cards and cakes."

"It was fun and there was a variety of activities."

"Loved this course. It was a chance to meet some lovely people and try out some new things."



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."



mornings

COST: £3

ROUND AND ROUND WE GO!



10.00am - 12.00pm
ACTIVITIES ROOM

Mandalas are intricate circular geometric patterns representing the universe in Buddhism and Hinduism.

Today, a lot of research has been conducted on the health benefits of colouring for adults. Doctors are now convinced that the fine motor movements of the hands has numerous stress reduction benefits. The reason behind the enhanced therapeutic effects of drawing and colouring mandalas is the use of fine repetitive movements that give one the ability to stay focused on the activity at hand leading to mindfulness or being in the 'present moment.' The result is positive physiological changes and a relaxation effect within the body.

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, exploring different mediums such as coloured pencils, acrylic paint, posca pens.

20th September for 6 sessions

MEETING ROOM 1

COST: £3



Thursday

mornings

MANAGING LOW MOOD AND ANXIETY



**9th, 16th, 23rd,
30th August**

6th, 13th Sept

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

AUTUMN CRAFTS

SEASONAL CRAFT IDEAS

**20th September
for 4 sessions**

10.00am - 12.00pm

ACTIVITIES ROOM



Thursday

afternoons

COST: £3

BRUSH LETTERING

INTRODUCTION TO MODERN CALLIGRAPHY

practice
MAKES
progress



**9th, 16th, 23rd,
30th August
13th Sept**

1.30pm - 3.30pm

ACTIVITIES ROOM

What is Brush Lettering?

Brush lettering is a popular style of writing that is similar to calligraphy and there are pens widely available which can make this a fun and creative hobby accessible to everyone. The key to writing with brush pens is pressure, (but not the stressful kind!). Applying pressure on the down strokes creates a wide line and less pressure on the up strokes creates a thin line.

What are the benefits?

It's human nature to love learning and solving problems. We all have something (or many somethings!) that we are interested in, and it's mentally stimulating to achieve goals associated with our interests. Lettering and calligraphy present a lot of opportunity to nurture and build new creative skills! It's always good to get together with others too in a supportive environment.

What will we be doing?

The key to mastering the art of calligraphy is practise! So, to begin with you will learn how to handle the pen and practise basic up and down strokes. From there you will move on to ovals and build up to letter forms and how to join them together. As the course progresses you will learn how to write words and also illustrate our words to make greetings cards.

THE NEXT COURSE WILL BE

ONE STROKE PAINTING

FLOWER AND FOLIAGE

**20th September
for 6 sessions**

1.30pm - 3.30pm

ACTIVITIES ROOM

COST: £3



Thursday

afternoons

SUMMER CHOIR

SONGS WITH A SUNSHINE THEME



**9th, 16th, 23rd,
30th August**

6th, 13th Sept

1.30pm - 3.30pm

MEETING ROOM 1

What are the benefits of singing?

Singing of any kind will not just lift the spirits - it's good for your physical health as well!

It may not feel like it, but singing is a form of exercise, albeit rather gentle. Filling the lungs with air, increasing the heart rate and getting blood pumping round the body faster can help our physical health.

For the past few years, Heart Research UK has been running a campaign aimed at getting people singing, simply for the benefit it can bring.

Research has also shown that singing releases what is known as the 'pleasure hormone' and it has also been seen to decrease levels of stress hormones like cortisol.

Communal singing, whether it be in a choir, a church service or just a group of friends getting together for a sing song, can help to boost your feelings of well being and raise your self esteem.

What will we be doing?

Well, that's very simple - we will be singing along to popular summer themed songs, enjoying being together and having fun. We will learn how to warm up our voices to start with and then just take it from there! Come along and sing!

THE NEXT COURSE WILL BE

RELAPSE PREVENTION

SELF MANAGEMENT TIPS - 2 session course

1.30pm - 3.30pm

MEETING ROOM 1

COURSE A - 20th and 27th September

COURSE B - 18th and 25th September

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?



pastel drawing by Larry

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

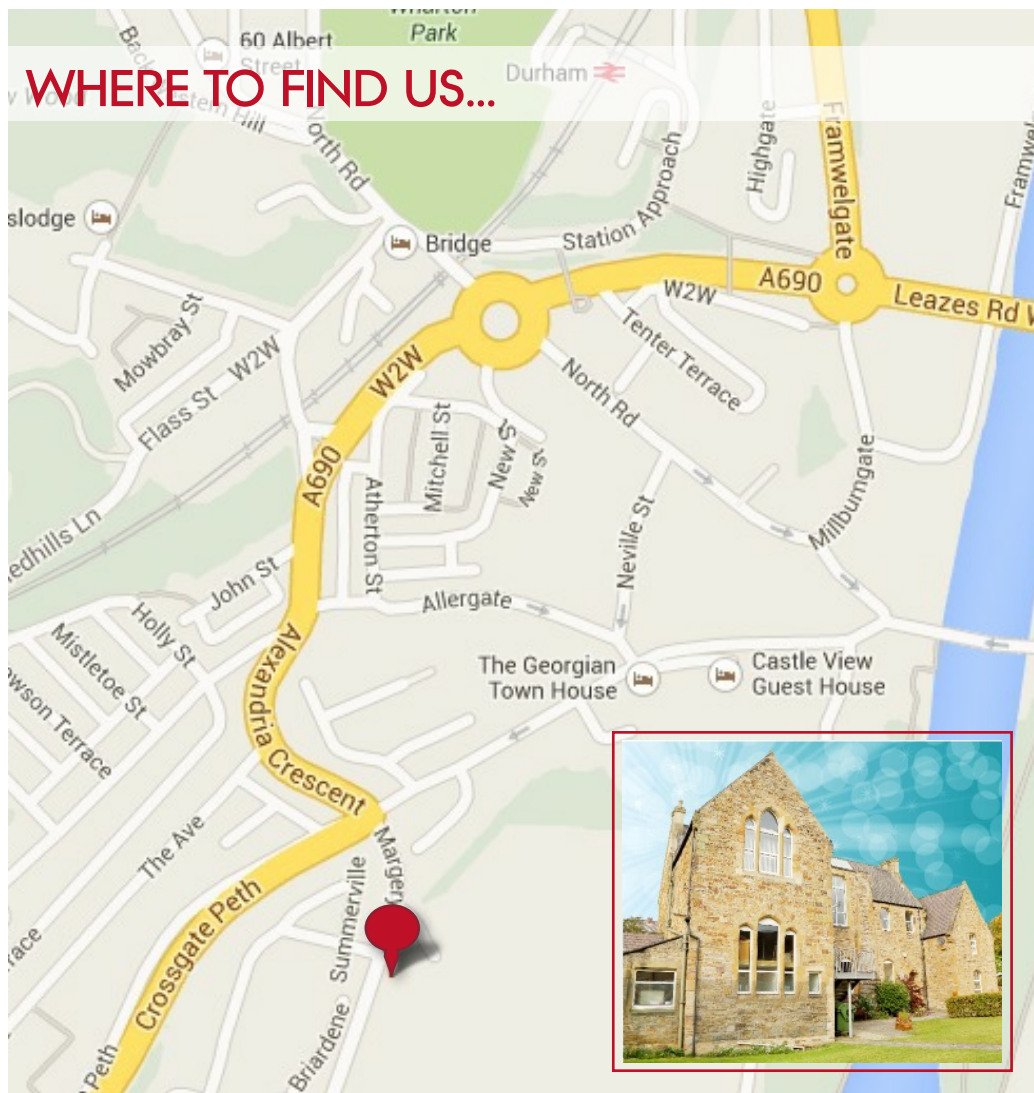


HOW DO I ACCESS THE COURSES?

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'
Priory Orchard,
Margery Lane,
Durham
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