



St. Margaret's Centre

Supporting people with mental health problems

COURSES

a guide to our courses in September and October



pastel drawing by Rachel

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. THIS WILL BE IN THE COURSE DETAILS AT THE TOP.

WHAT'S BEEN GOING ON?

RECORDER PLAYING - STAGE 2

"I liked reading the music and learning the notes. It made me feel good about myself."

"Friendly, enjoyable and light-hearted classes whilst still achieving a shared goal."

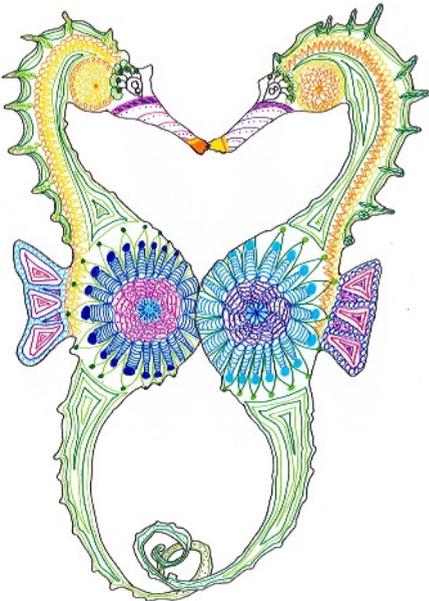


ZENTANGLE

"Found this course to be very interesting and a useful alternative to colouring that I could continue at home to help me relax."

"I enjoyed watching the patterns grow into intricate designs that I never would have thought I could have produced before I started."

"A lovely chilled out group of doodlers! Something to look forward to in my week."



MANAGING LOW MOOD AND ANXIETY

"I liked everything! The support of others and the teacher, Nicola, was excellent. I didn't feel 'isolated'. It has given me tools and coping strategies and more understanding of my illness."

"The course was very well run and well organised. I felt comfortable talking to people. The course is very good and I found it useful."



FLOWER POWER

"I really loved the variety of things I got to try. Nicola was so kind and patient with us all. I got to try out and learn new things. Thank you Nicola!"

"I like learning new things and I like being in the smaller friendly groups. We support each other and all get along. Nicola always gives us lots of help and encouragement."



Thursday

mornings

FUN WITH WORDS

CREATIVE WRITING



**20th, 27th Sept,
4th, 11th, 18th,
and 25th Oct**

10.00am - 12.00pm

ACTIVITIES ROOM

COST: £3.00

What is 'Fun with Words'?

This is a new course designed to introduce you to creative writing, combined with a little illustration or collage to enhance our writing.

What are the benefits?

Creative writing has been linked to improved mood, well-being and reduced stress levels. It has been known to help 'de-clutter' the mind, by committing thoughts and ideas to paper, allowing your mind to relax and help to further develop ideas. Writing can become addictive and causes you to move into a different mental space as you become fully immersed in the topic. This can reduce the destructive spiralling thoughts that affect us in a depressed or anxious state, creating a sense of meditation. Writing in a positive way can give you a more positive outlook on life, even if it just begins with one tiny, seemingly insignificant statement each day.

What will we be doing?

Each week you will be given some ideas or 'prompts' to get you started. We will not be worrying about spelling or grammar, it's just all about getting some words down on the paper and hopefully it will lead to some fun and conversation as we discover more about ourselves and each other!

THE NEXT COURSE WILL BE

RECORDER GROUP

STAGE 3 RECORDER SESSIONS

**1st November
for 6 sessions**

10.00am - 12.00pm

MEETING ROOM 1



Thursday

mornings

AUTUMN CRAFTS

SEASONAL CRAFT IDEAS



**20th, 27th Sept,
18th and 25th Oct**

10.00am - 12.00pm

MEETING ROOM 1

COST: £3.00

What is this course about?

Autumn Crafts is a new course which is run in the same way as our ever popular 'Crafternoon' courses. You will take inspiration from the season and use it to create and decorate 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 4 weeks, you will explore different crafts including owl logs, twig weaving and Halloween cupcakes!

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

CHRISTMAS CRAFTS

SEASONAL CRAFT IDEAS

**1st November
for 6 sessions**

10.00am - 12.00pm

ACTIVITIES ROOM

COST: £3.00



Thursday

afternoons

ONE STROKE PAINTING

FLOWERS AND FOLIAGE



**20th, 27th Sept,
4th, 11th, 18th,
and 25th Oct**

1.30pm - 3.30pm

ACTIVITIES ROOM

COST: £3.00

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!

THE NEXT COURSE WILL BE

CHRISTMAS PASTEL DRAWING

OUR EVER POPULAR COURSE

**1st November
for 6 sessions**

1.30pm - 3.30pm

ACTIVITIES ROOM

COST: £3.00



Thursday

afternoons

RELAPSE PREVENTION

SELF MANAGEMENT TIPS



COURSE A

20th and 27th Sep

COURSE B

18th and 25th Oct

1.30pm - 3.30pm

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 two IDENTICAL courses, COURSE A or COURSE B.

Each one lasts two weeks,

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

THE NEXT COURSE WILL BE

OVERCOMING LOW MOOD

AND ANXIETY

SELF MANAGEMENT TIPS

**1st November
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?



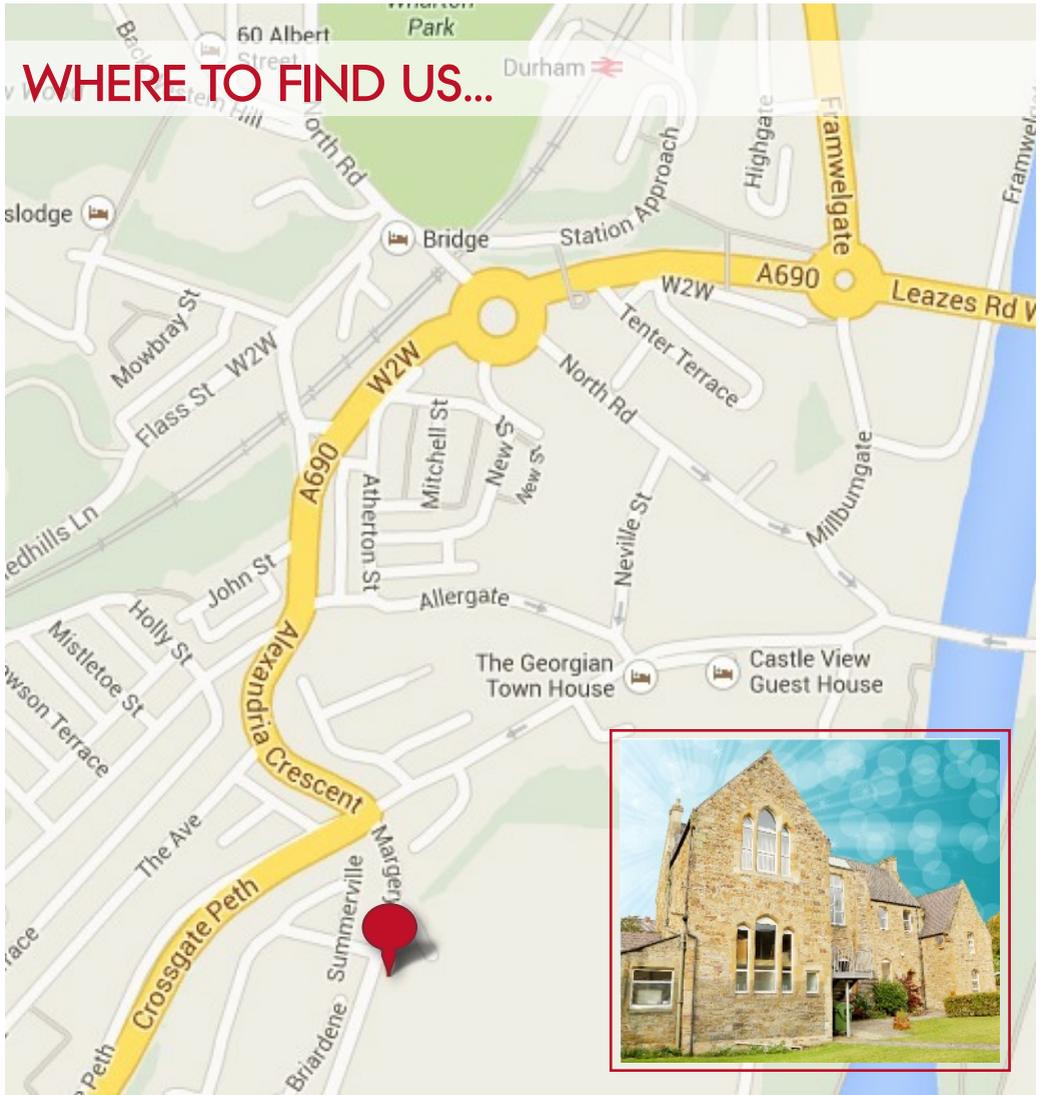
pastel drawing by Sarah

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,
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