



St. Margaret's Centre

Supporting people with mental health problems

COURSES

a guide to our courses in November and December 2018



watercolour painting by Carol

WHO ARE WE?



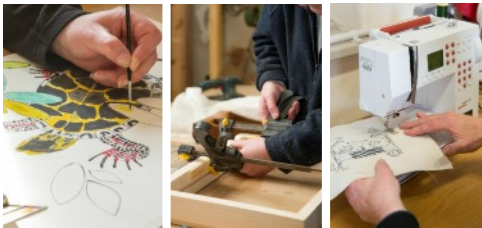
St. Margaret's Centre

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 well being courses now for a number of years.

These are usually around two hours long, and cover a variety of craft based subjects, which change every 6 weeks.

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 is a small charge for some of our craft courses. This is to cover the cost of materials, paper and printing. This will be highlighted on the relevant pages. Future courses are highlighted at the bottom of the page and towards the end of this leaflet.

Hope to see you soon!

COURSE FEEDBACK

EXPLORING MANDALAS

"I have enjoyed doing different patterns (plus enjoyed doing the same sort of thing as a Tuesday). Very relaxing."

"I found that it helped me to relax and decreased my stress levels. Also I liked the different ways you can use mandalas to create different styles of mandalas."



INTRODUCTION TO BRUSH LETTERING

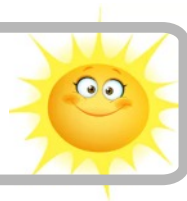
"Enjoyed making cards with brush lettering. The technique is enjoyable to do and with practice I'm sure will become even more enjoyable."

"Very relaxed. Olwyn is a good tutor with good ideas and a lovely manner."

SUMMER CHOIR

"So much fun! So many bad voices make so much harmony!"

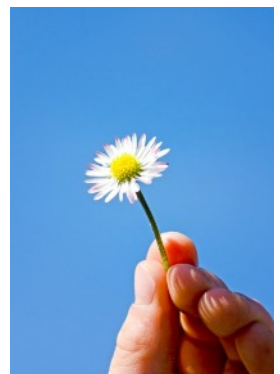
😊 Thumbs up!"



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."



Thursday

mornings

RECORDER GROUP

STAGE 3 RECORDER SESSIONS



**1st, 8th, 15th,
22nd, 29th November
and 6th December**

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?

This is a stage 3 recorder course, so it is accessible to those who have gained stages 1 and 2, or anyone else who may have a little basic knowledge of how to play. We will begin with a little refresher course and then move on to learn how to play a simple carol. *There will be no charge for this course.*

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

IN THE SHADE

3D COLOURING TECHNIQUES

**10th January
for 6 sessions**

MEETING ROOM 1

10.00am - 12.00pm

COST £3.00



Thursday

mornings

CHRISTMAS CRAFTS

SEASONAL CRAFT IDEAS



**1st, 8th, 15th,
22nd, 29th November
and 6th December**

Cost £3.00

10.00am - 12.00pm

ACTIVITIES ROOM

What is this course about?

'Christmas Crafts' is a course which is run in the same way as our ever popular 'Crafternoon' courses. You will take inspiration from the festive season 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 raggy wreaths, felt stockings and sock snowmen!

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

NEW YEAR CRAFTS

SEASONAL CRAFT IDEAS

10th January
for 6 sessions

10.00am - 12.00pm

ACTIVITIES ROOM

COST £3.00



Thursday

afternoons

CHRISTMAS PASTEL DRAWING

OUR EVER POPULAR COURSE



**1st, 8th, 15th,
22nd, 29th November
and 6th December**

Cost £3.00

1.30pm - 3.30pm

ACTIVITIES ROOM

What is Pastel Drawing?

Pastel crayons are sticks of pure powdered pigment combined with a binder. The most popular are soft pastels because they produce brighter colours which can be easily blended together and images can be created quickly with no drawing experience necessary.

What are the benefits?

Pastel drawing has become our most popular drawing class because people quickly become immersed in the process - the bright and visually stimulating colours and the sensory stimulation of moving and blending the colours by hand. Stunning results can be achieved surprisingly quickly, and these can be very 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?

Each week we will start the class with a demonstration, and a few tips on techniques. Where you go from there is up to you! The theme is Christmas, so there will be plenty of snow scenes, twinkling lights and cute furry animals! Some of your images will be scanned to make Christmas cards.

THE NEXT COURSE WILL BE

SOMETHING FISHY

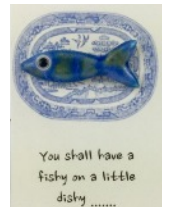
ART AND CRAFTS WITH A FISHY THEME

**10th January
for 6 sessions**

1.30pm - 3.30pm

ACTIVITIES ROOM

COST £3.00



Thursday

afternoons

MANAGING LOW MOOD AND ANXIETY



**1st, 8th, 15th,
22nd, 29th November
and 6th December**
1.30pm - 3.30pm
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

EATING WELL

HEALTHY EATING COURSE

10th January
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.



THE OLD SCHOOL *cafe*

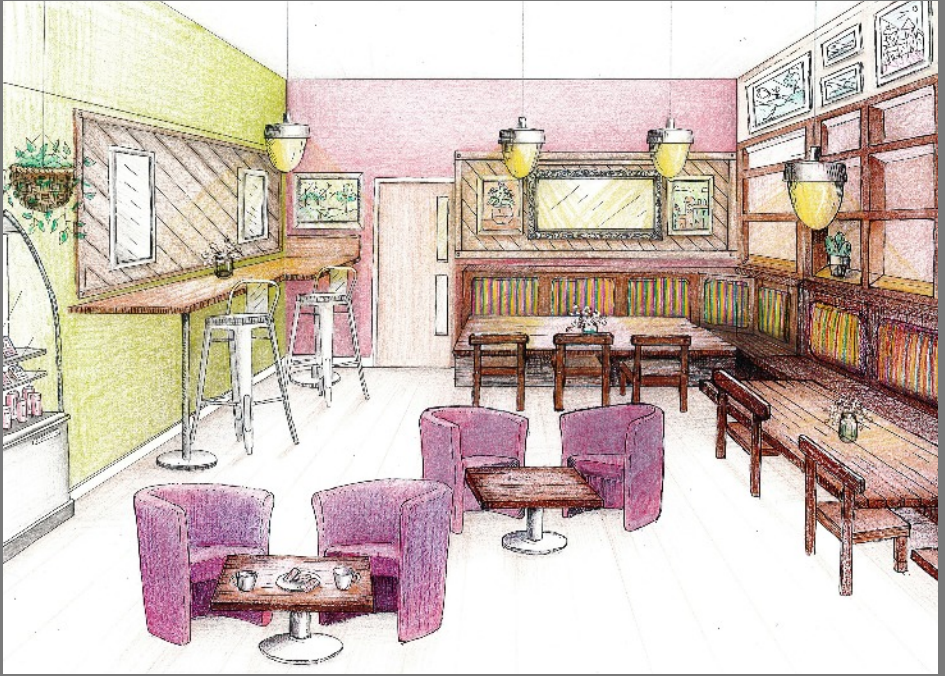
This year sees us make some significant investments to the improvement of the centre and we are so excited to share them with you. The benefits can be seen immediately on visiting, as we have levelled the entrance lobby to create a smooth floor accessible to all. In an old city like Durham, where so many of the buildings remain inaccessible to wheelchair users, it was so important for us that individuals who use mobility aids are able to fully access the activities and support offered at the centre.

This was the start of what will be the transformation of the ground floor of the centre, as we move into the next phase of renovation which will see one of our workshops turn into a **community mental health cafe**. This is going to be a safe and welcoming place for people to mix with a wider social circle, access volunteering opportunities and talk openly about their feelings. In the New Year, we hope to use this space to hold peer support groups and lunch clubs to reduce isolation and open to the general public.

The cafe will also act as a training environment for attendees wanting to learn hospitality skills with the hope of gaining employment or voluntary opportunities.

The planned opening is early 2019. We look forward to seeing many visitors using the cafe.





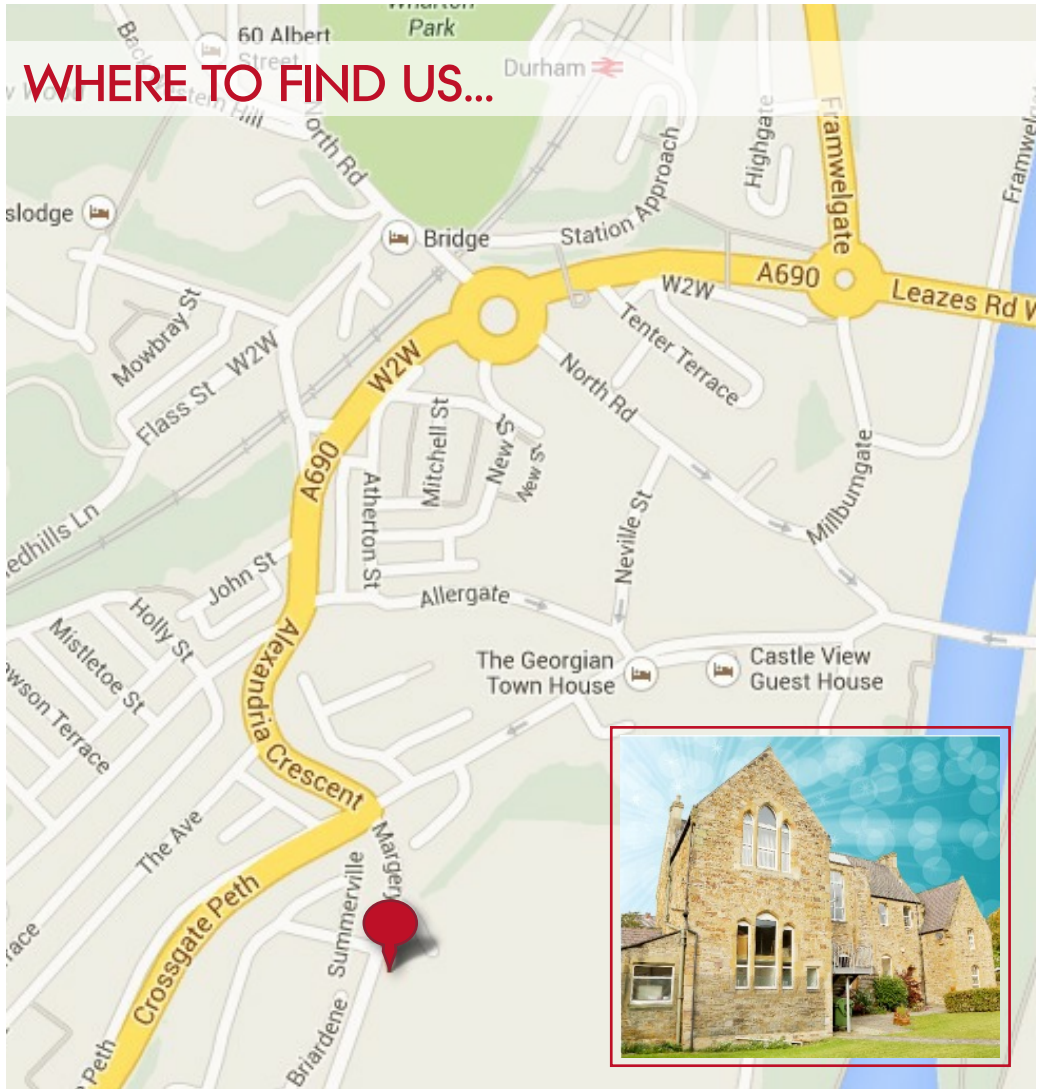
artist's impression of the cafe

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...



St. Margaret's Centre,
'The Old School'
Priory Orchard,
Margery Lane,
Durham
DH1 4QJ

tel: 0191 3848100

email: enquiries@stmargaretscentre.co.uk

www.stmargaretscentre.co.uk