



St. Margaret's Centre

Supporting people with mental health problems

COURSES

a guide to our courses in January and February 2019



pastel drawing by Sue

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

AUTUMN CRAFTS

"Joining in with others helps you feel like you belong to a group."

"Enjoyed everything. Learned new skills, enjoyed doing new things every week."

"I look forward to getting together every week, seeing the same faces and feeling relaxed in a group of friendly people."

ONE STROKE PAINTING

"The end results are so eye catching. Well worth the frustration of getting 'the hang of it.' Olwyn always gives so much help and encouragement."

"I like the friendly atmosphere and challenge in painting. In only a few strokes you have a beautiful picture."

FUN WITH WORDS

I liked that you get to be creative and write at the same time. You can create your own world in words."

"I liked the positivity, thinking creatively and sharing ideas and different interpretations."

"We were accepted for who we are and able to share with each other under the framework of the creative writing exercises. The exercises allowed us to talk about our writing and we were able to share it."

RELAPSE PREVENTION

"I like how informal and open everyone was. Nicola is very approachable and non-judgemental and very motivational."

"Learned new skills and reinforced old skills. I liked the small group and photocopies of information for the course."

"Very helpful. I learned many new coping strategies and warning signs on fear of relapse. No longer worried/frightened. I feel positive and hopeful that I will be able to manage and cope. Will try to break my 'negative thinking habits with help from friends.

Excellent. Thank you."

Thursday

mornings

IN THE SHADE

3D COLOURING TECHNIQUES



10th, 17th, 24th

31st January,

7th, 14th February

COST: £3.00

10.00am - 12.00pm

MEETING ROOM 1

What is 'In the Shade' about?

This is a course which is designed to show you how to bring your colouring to life by using light and shade rather than colouring areas with just a flat even colour. Colouring will never be the same again!

What are the benefits?

Colouring is a good way to relax. It can be therapeutic because it allows the mind to focus on the images at hand and nothing else. This focus towards one central topic relieves stress on the mind and in turn, relaxes the body. This relaxation minimises muscle soreness, joint pain, headaches and other physical ailments. It has a similar effect to meditation. That's not to mention the boost in self confidence when you create something you didn't realise you could do! Come along and surprise yourself!

What will we be doing?

Each week we will start the class with a demonstration, and a few tips on techniques. We will learn how to shade with a variety of mediums, including graphite, coloured pencils, watercolours, fineliners and pastels. You will learn how to take a simple design from a colouring book and add colour in a completely different way, to achieve a completely different result!

THE NEXT COURSE WILL BE

PURE MAGNETISM

HAND MADE FRIDGE MAGNETS

21st February
for 6 sessions

MEETING ROOM 1

10.00am - 12.00pm

COST £3.00



Thursday

mornings

NEW YEAR CRAFTS

SEASONAL CRAFT IDEAS



10th, 17th, 24th

31st January,

7th, 14th February

COST: £3.00

10.00am - 12.00pm

ACTIVITIES ROOM

What is this course about?

'New Year 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, creative, therapeutic and non-judgemental environment.

Come along and start the New Year on a positive note!

What will you be doing?

Over the 6 weeks, you will explore different crafts including DIY money boxes and decorated notebooks.

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

WOOLLY WONDERS

CRAFT IDEAS WITH WOOL

21st February

for 6 sessions

10.00am - 12.00pm

ACTIVITIES ROOM

COST £3.00

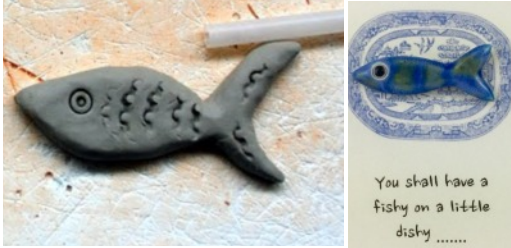


Thursday

afternoons

SOMETHING FISHY

ARTS AND CRAFTS WITH A FISHY THEME



10th, 17th, 24th

31st January,

7th, 14th February

COST: £3.00

1.30pm - 3.30pm

ACTIVITIES ROOM

What is 'Something Fishy' about?

In this series of classes we will be creating pieces of art which is all based around a 'fish and seaside' theme.

What are the benefits?

Creating art has well-documented health benefits. It is known to increase the 'feel good' neurotransmitter dopamine, which is sometimes known as the 'motivation molecule', boosting drive, focus and concentration. This enables you to plan ahead and resist impulses so you can achieve your goals.

The introduction of new crafts can also go on to become rewarding hobbies, which can stimulate creativity at home, boosting self-esteem and creating a sense of personal achievement.

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 take our inspiration from the sea and create 'fishy' artwork using a variety of mediums including clay, posca pens and watercolours. You be able to try out a different way of creating art each week, which could go on to become a rewarding hobby at home.

THE NEXT COURSE WILL BE

IT'S A FINE LINE

OUR EVER POPULAR COURSE

21st February
for 6 sessions

1.30pm - 3.30pm

ACTIVITIES ROOM

COST £3.00



Thursday

EATING WELL

HEALTHY EATING COURSE



10th, 17th, 24th

31st January,

7th, 14th February

1.30pm - 3.30pm

ACTIVITIES ROOM

What is the 'Eating Well' course about?

This is a new course designed to give you self help tips and strategies to motivate and inspire you to make healthier choices in your diet.

What are the benefits?

Evidence suggests that as well as affecting our physical health, what we eat may also affect the way we feel. Improving your diet may also help to improve your feeling of well being, give you more energy, help you to think more clearly and improve your self esteem by helping you to feel better about yourself. By giving you the tools and information, you can take control and make more positive and healthy choices in your life.

What will we be doing?

Over the 6 weeks we will explore each meal time, including breakfast, lunch, dinner, drinks and snacks. You will discover new recipes to enjoy and learn how to make 'healthy swaps' to achieve a more balanced diet that will help you to feel better. There will be a cookery demonstration to show how easy it can be to eat well on a budget.

We will also talk about the importance of keeping active and learn how to make small changes which can improve your physical well being.

THE NEXT COURSE WILL BE

MANAGING ANXIETY AND LOW MOOD

21st 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.



THE OLD SCHOOL *cafe*

We are now moving 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.

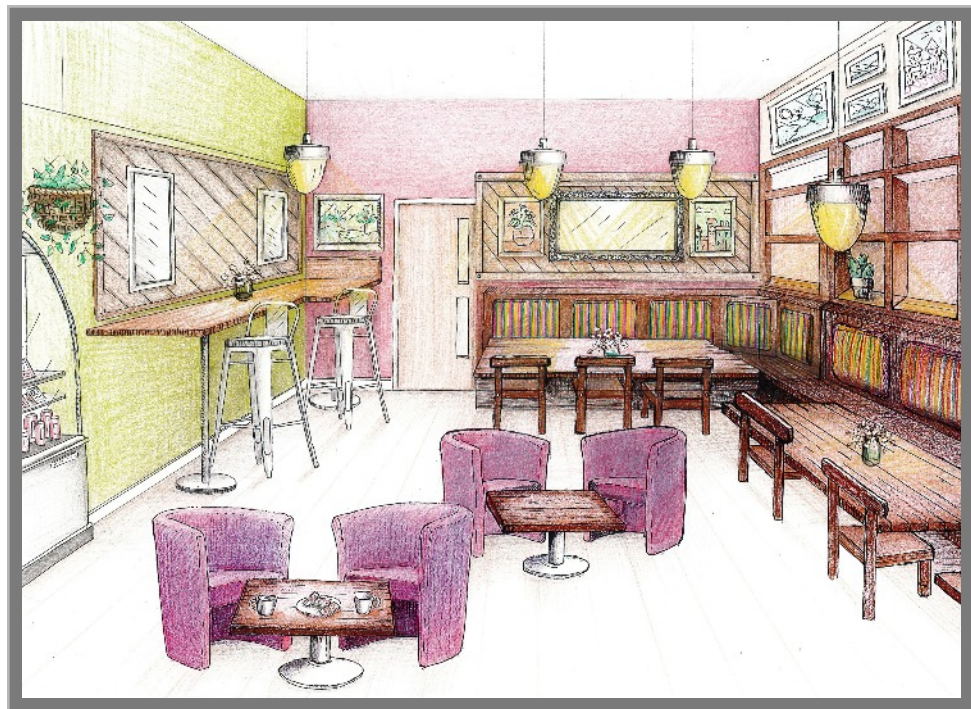


Volunteer with us!

Everyone has pitched in a lot of time and effort to make The Old School Café a wonderful asset to our community, and we are so grateful for all the support we have received to make this space perfect for all who may need it.

We are now looking for volunteers to help make The Old School Café a success when it opens in the New Year. Opportunities are available for compassionate people, preferably with some experience of working in a similar environment, to support us with tasks such as: greeting customers, taking orders, preparing fresh food and drinks, table service, and cleaning.

If you would like to find out more about how you can get involved in this exciting community venture, please get in touch either in person at the centre, by calling us on 0191 384 8100, or emailing enquiries@stmargaretscentre.co.uk



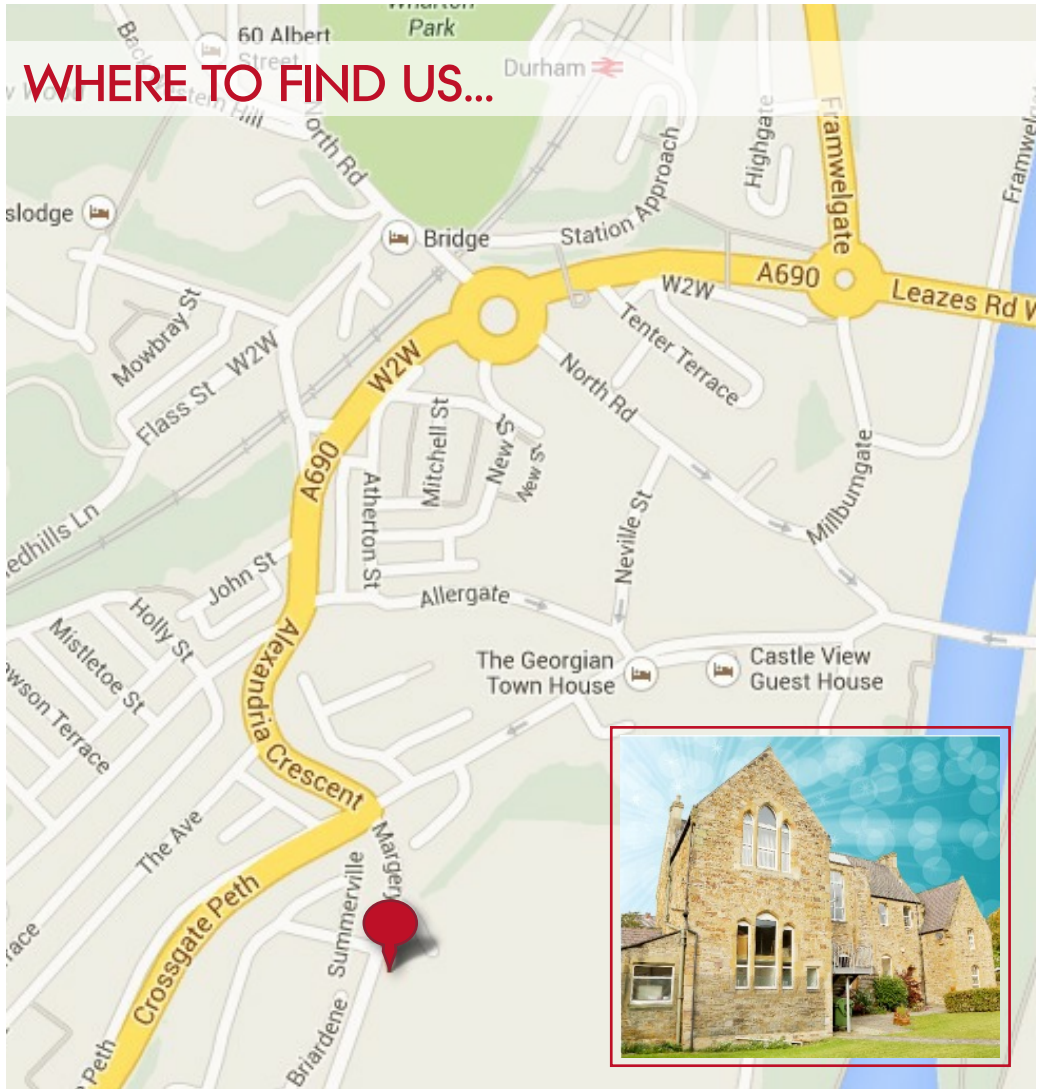
artist's impression of the cafe

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...



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