



St. Margaret's Centre

Supporting people with mental health problems

COURSES

a guide to our courses in May and June 2019

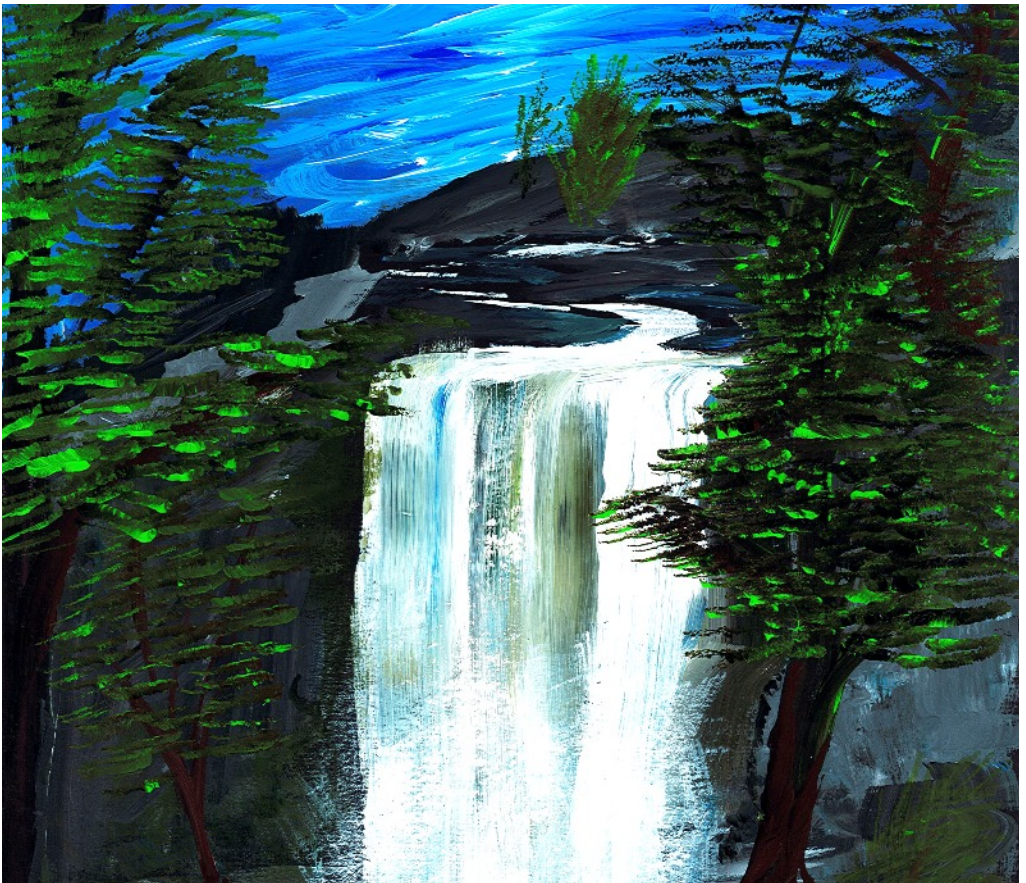
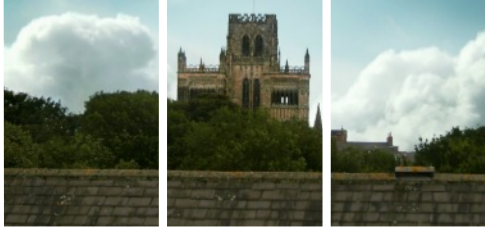


illustration by Isabelle

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 and benefit from social inclusion, increased confidence and improved self esteem. A variety of activities are available to people who experience mental ill health 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.

Future courses are highlighted in the section at the bottom of each page, so you can see what's coming up next.

Hope to see you soon!

Thursday

mornings

PASTEL DRAWING

OUR EVER POPULAR COURSE



16th, 23rd, 30th May

6th, 13th June

10.00am - 12.00pm

ACTIVITIES ROOM

COST £3.00

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 NEXT COURSE WILL BE

PEBBLE PAINTING

HAND DECORATED BEACH PEBBLES

27th June

for 6 sessions

10.00am - 12.00pm

ACTIVITIES ROOM

COST £3.00



Thursday

mornings

MANAGING LOW MOOD AND ANXIETY



23rd, 30th May
6th, 13th, 20th June
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 5 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

TEXTILE CRAFTS

EXPLORE DIFFERENT TEXTILES

27th June
for 5 sessions

10.00am - 12.00pm

MEETING ROOM 1

COST £3.00



Thursday

afternoons

ONE STROKE PAINTING

A BASIC INTRODUCTION



16th, 23rd, 30th May

6th, 13th June

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! PLEASE NOTE THAT THIS COURSE IS FOR BEGINNERS ONLY, SO PLEASE DO NOT REGISTER IF YOU HAVE ATTENDED THIS COURSE BEFORE.

THE NEXT COURSE WILL BE

DRAWING ILLUSIONS

CREATE YOUR OWN ILLUSIONS

27th June

for 6 sessions

1.30pm - 3.30pm

ACTIVITIES ROOM

COST £3.00



Thursday

afternoons

BEGINNER'S QUILTING

A BASIC INTRODUCTION



23rd, 30th May
6th, 13th, 20th June
1.30pm-3.30pm
MEETING ROOM 1
COST £3.00

What is Quiltmaking?

This is an age old craft which uses old scraps of fabric, maybe some with sentimental attachments, to create something new and personal to you.

What are the benefits?

At it's most basic, sewing requires us to focus both physically and mentally on a task. It's hard to sew if you're not paying attention - many a pricked finger stands testament to this! So if you're concentrating on your sewing, this can distract you from worrying thoughts. The hand-eye coordination is good for our brains and keeps our fingers nimble too!

'Sewing circles' are coming back into fashion, with groups of friends getting together, choosing projects, laying on refreshments and having a good chat. This emphasis on the social aspect of quiltmaking brings great cognitive, emotional and wellbeing benefits for everyone.

What will we be doing?

We will be learning the basics of quiltmaking to produce a small blanket. Fabric will be provided, but participants may bring in any lightweight fabric from home if they wish to add a personal touch. Everyone will be able to take their quilts home as either a finished piece, or work in progress.

THE NEXT COURSE WILL BE

MANAGING LOW MOOD AND ANXIETY

27th June
for 5 sessions

1.30pm - 3.30pm

MEETING ROOM 1



WHAT'S COMING UP?



UC *Universal
Credit*

Dawn Jackson

(Disability Employment Adviser)

will be attending the centre on

date to be confirmed

to talk to anyone who has any questions on Universal Credit

healthwatch

Emily Hunter will be attending the centre on

Tuesday 21st May 10.00am - 12.30pm

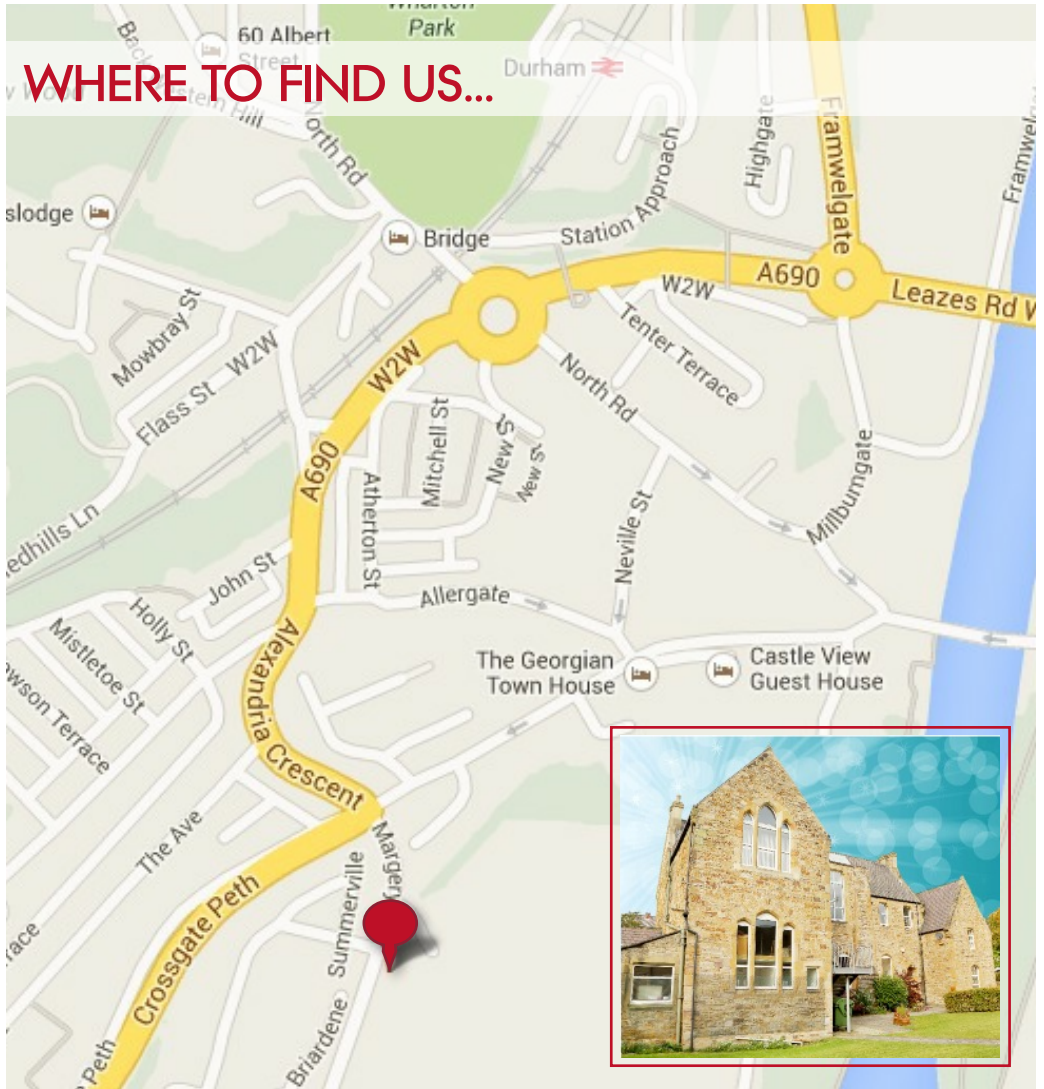
to take self referrals and talk to anyone who has any questions about the service

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 some of them).
- . 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