



St. Margaret's Centre

Supporting people with mental health problems

# COURSES

a guide to our courses in June and July 2019



illustration by Catherine

## WHO ARE WE?

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St. Margaret's Centre

supporting people with mental health problems

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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?

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Apart from the normal daily activities at the centre, which you can learn more about on our website [www.stmargaretscentre.co.uk](http://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.

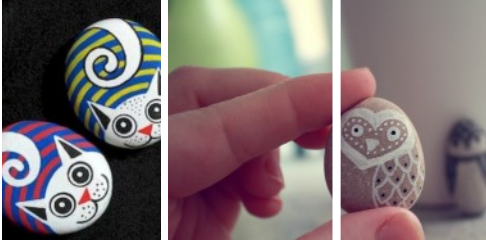
Hope to see you soon!

# Thursday

mornings

## PEBBLE PAINTING

HAND DECORATED BEACH PEBBLES



**27th June**  
**4th, 11th, 18th,**  
**25th July,**  
**1st August**  
10.00am - 12.00pm  
**MEETING ROOM 1**  
COST £3.00

### What is Pebble Painting

Pebbles and rocks which have been washed smooth by the sea make the perfect 'canvas' for all kinds of artwork. In this series of classes, we will be using acrylic paint and fineliners to decorate the surfaces of the pebbles, creating mini masterpieces to take home.

### What are the benefits?

Every time you engage in a new or complex activity, your brain creates new connections between brain cells. The brain's ability to grow these connections can continue throughout your lifetime and creating art is known to stimulate this activity, which in turn can increase psychological resilience and resistance to the everyday stresses and problems.

*"Art washes from the soul the dust of everyday life" - Pablo Picasso*

Working in a small and friendly group also has known mental health benefits, helping to build friendships and promote social inclusion.

### What will we be doing?

Each week we will explore a different technique for embellishing the pebbles. We can choose to be guided by images provided, or we can get creative and decorate them as we choose.

THE NEXT COURSE WILL BE

## **BOTANICAL DRAWINGS**

INTRICATE LINE DRAWINGS

**15th August**  
**for 6 sessions**

10.00am - 12.00pm

**ACTIVITIES ROOM**

COST £3.00



# Thursday

mornings

## TEXTILE CRAFTS

EXPLORE DIFFERENT CRAFTS



**27th June**

**4th, 18th, 25th July,**

**1st August**

10.00am - 12.00pm

**ACTIVITIES ROOM**

**COST £3.00**

### What is 'Textile Crafts'?

This is a series of afternoon crafts involving textiles techniques which are the basics of many crafts used in producing gifts and homeware.

### What are the benefits?

Introducing a different textile craft each week 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 be raise confidence and self esteem enough to change "I can't" to "I didn't realise I could".

Students can benefit from social inclusion and enjoy being part of a friendly group with an interesting new project every week.

### What will we be doing?

Over the weeks you will discover 5 different textile crafts which will be based on the basics of **textiles, print, knit, embroidery and weave**.

We will be working in a small and friendly group of people and each week there will be a demonstration of each new craft and plenty of support.

Students will be able to take home their artwork.

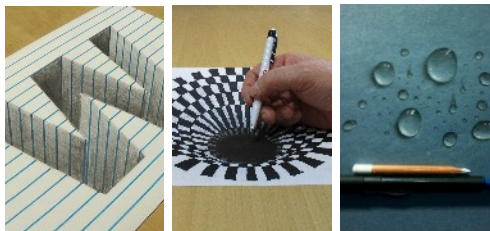


# Thursday

afternoons

## DRAWING ILLUSIONS

CREATE YOUR OWN ILLUSIONS



**27th June**  
**4th, 11th, 18th,**  
**25th July,**  
**1st August**  
1.30pm - 3.30pm  
**ACTIVITIES ROOM**  
COST £3.00

### What is Drawing Illusions?

The Drawing Illusions course evolved from our Basic Drawing Course where we discovered that drawing illusions was loads of fun! Optical illusions occur when our eyes send information to our brains that tricks us into seeing something that isn't real.

### What are the benefits?

Every time you engage in a new or complex activity, your brain creates new connections between brain cells. The brain's ability to grow these connections can continue throughout your lifetime and creating art is known to stimulate this activity, which in turn can increase psychological resilience and resistance to the everyday stresses and problems.

Working in a small and friendly group also has known mental health benefits, helping to build friendships and increase self confidence.

### What will we be doing?

First of all, we will learn the basics of pencil drawing - the different grades of graphite and how to use them, how to shade and the importance of light, to bring your drawings to life! Then each week we will create a new illusion using your new drawing skills! Prepare to be amazed!

THE NEXT COURSE WILL BE

## BACK TO BLACK

DIFFERENT MEDIUMS....SAME PAPER

**15th August**  
**for 6 sessions**

1.30pm - 3.30pm  
**ACTIVITIES ROOM**  
COST £3.00



# Thursday

afternoons

## MANAGING LOW MOOD AND ANXIETY



**27th June**  
**4th, 11th, 18th,**  
**25th July, 1st August**  
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 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

## MANAGING LOW MOOD AND ANXIETY

**8th August**

**for 6 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

*(new dates to be confirmed)*

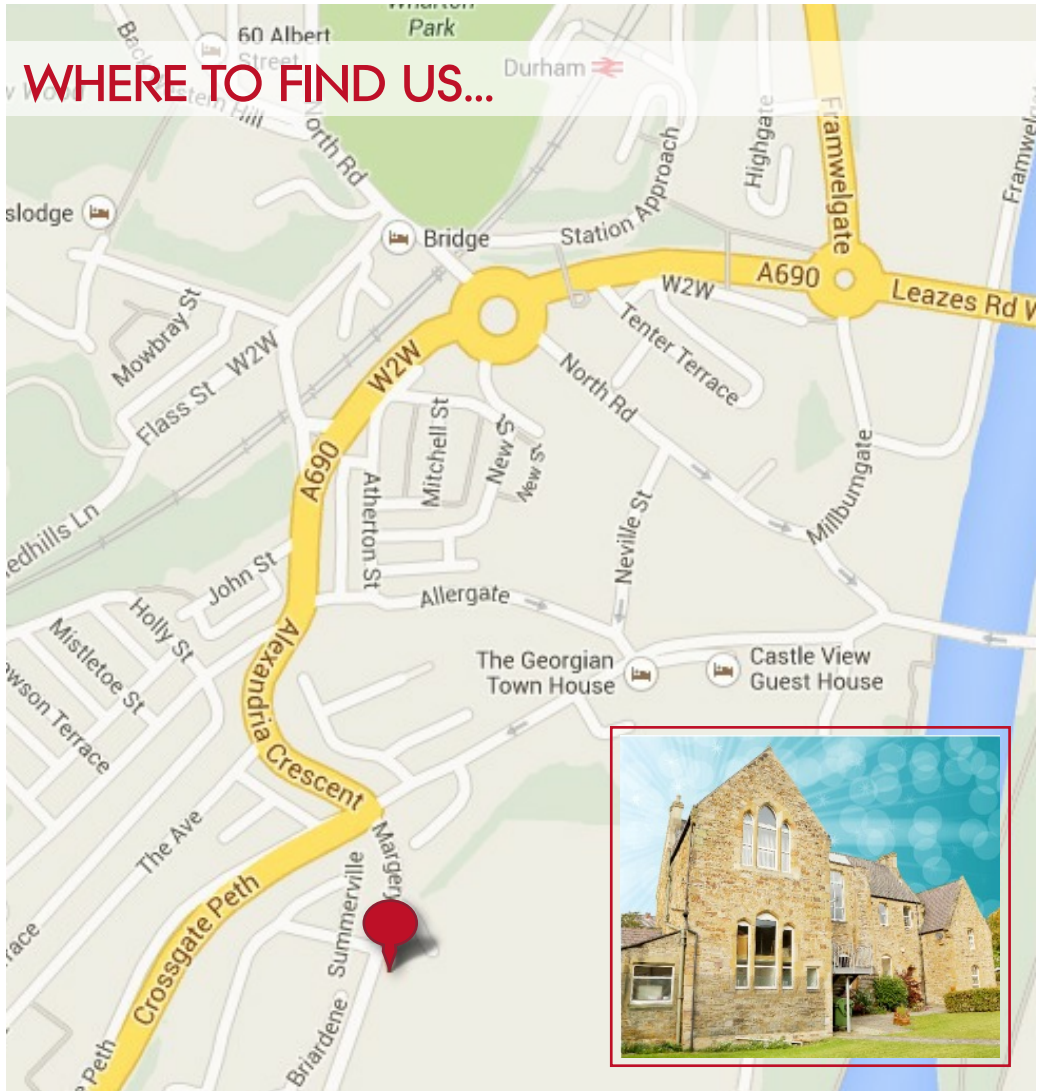
to take self referrals and talk to anyone who has any questions about the service

## 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,  
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