



St. Margaret's Centre

Supporting people with mental health problems

COURSES

a guide to our courses in September and October 2019



illustration by Cherrie

WHO ARE WE?



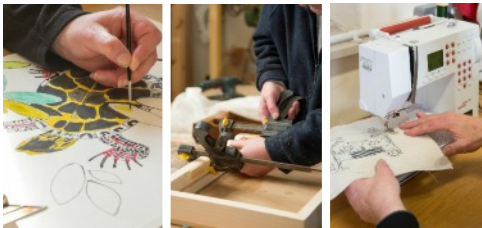
St. Margaret's Centre

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.

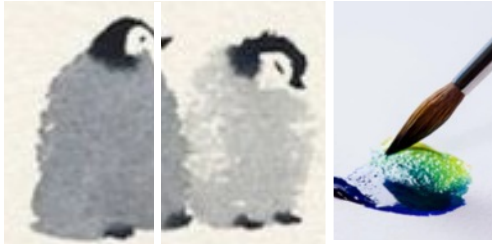
Hope to see you soon!

Thursday

mornings

WATERCOLOURS

WITH FINELINERS



**19th, 26th Sept,
10th, 17th, 24th Oct**

10.00am - 12.00pm

ACTIVITIES ROOM

COST £3.00

What is the fineliner and watercolour technique?

This technique is sometimes known as 'line and wash'. It is quite a delicate technique which does not rely heavily upon drawing skills, but more upon the beautiful and sometimes surprising effects that the addition of loosely applied watercolour can have upon your line drawing.

What are the benefits?

Watercolour painting has become increasingly popular at the centre over the past year or so and this could be due to it's relaxing method of application, training you to concentrate on details and pay more attention to the process of painting itself. In this way, painting could be likened to a mindfulness exercise, creating the 'feel good' neurotransmitter, dopamine.

What will we be doing?

Each week we will start the class with a demonstration, and a few tips on the techniques of watercolour painting.

There will be suggestions on subject matter for those who wish to follow examples, or you can take the techniques you have learned and splash out on your own! All materials will be provided.

THE NEXT COURSE WILL BE

3D CARD MAKING

BRING YOUR CARDS TO LIFE!

**31st October
for 6 sessions**

10.00am - 12.00pm

ACTIVITIES ROOM

COST £3.00



Thursday

mornings

MANAGING LOW MOOD AND ANXIETY



**19th, 26th Sept,
3rd, 10th, 17th,
24th Oct**
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

MANAGING LOW MOOD AND ANXIETY

**31st October
for 5 sessions**

10.00am - 12.00pm
MEETING ROOM 1



Thursday

afternoons

TORN

ARTWORK FROM TORN PAPER



**19th, 26th Sept,
10th, 17th, 24th Oct**

1.30pm - 3.30pm

ACTIVITIES ROOM

COST £3.00

What is 'Torn'?

This is a new course based upon a very well known method of producing images using torn bits of different patterned papers to fill in shapes, add texture and different tones to your work.

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?

We will start with a demonstration of something simple so that we all understand the technique, and then we will try some simple shapes using different shades of paper to suggest the light and shade in the image. From there, we will plan our main piece, and work on that for the remainder of the 5 week course.

THE NEXT COURSE WILL BE

BOTANICAL DRAWING

INTRICATE LINE DRAWINGS

**31st October
for 6 sessions**

1.30pm - 3.30pm

ACTIVITIES ROOM

COST £3.00





ST. MARGARET'S CENTRE, THE OLD SCHOOL, MARGERY LANE, DURHAM, DH1 4QJ



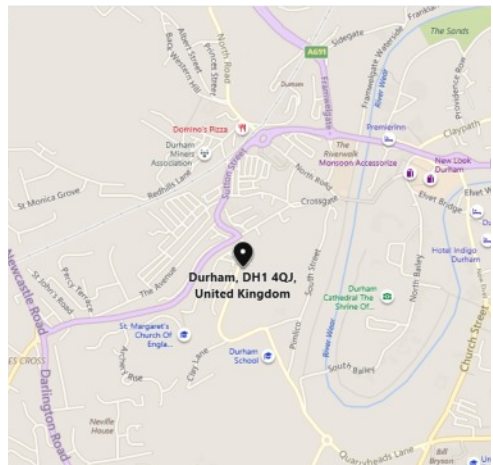
♥ always a warm and friendly welcome ♥

OPENING TIMES

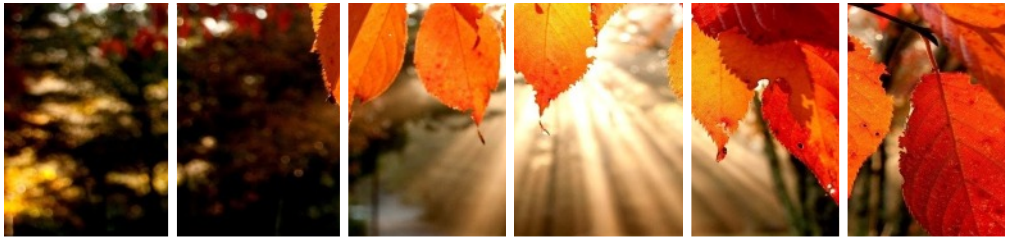
8.30AM - 2.30PM

MONDAY - FRIDAY

Take away available



WHAT'S COMING UP?



THE CHATTY CAFE

Everyone needs someone to talk to once in a while, and here at St. Margaret's Centre we see the benefit of a simple chat every single day. A friendly face can make the difference between a good day and a bad one, so we are introducing a new scheme to make sure that our local community has a place to go for a warm welcome and a conversation.

Starting on 19th September, we will be running a 'Chatty Cafe' every Thursday from 10am -1pm.

This is a social space open to all where you can meet new people and talk, whilst enjoying a range of reasonably-priced food and drinks. There will also be some board games available so you don't have to 'Scrabble' for something to talk about!

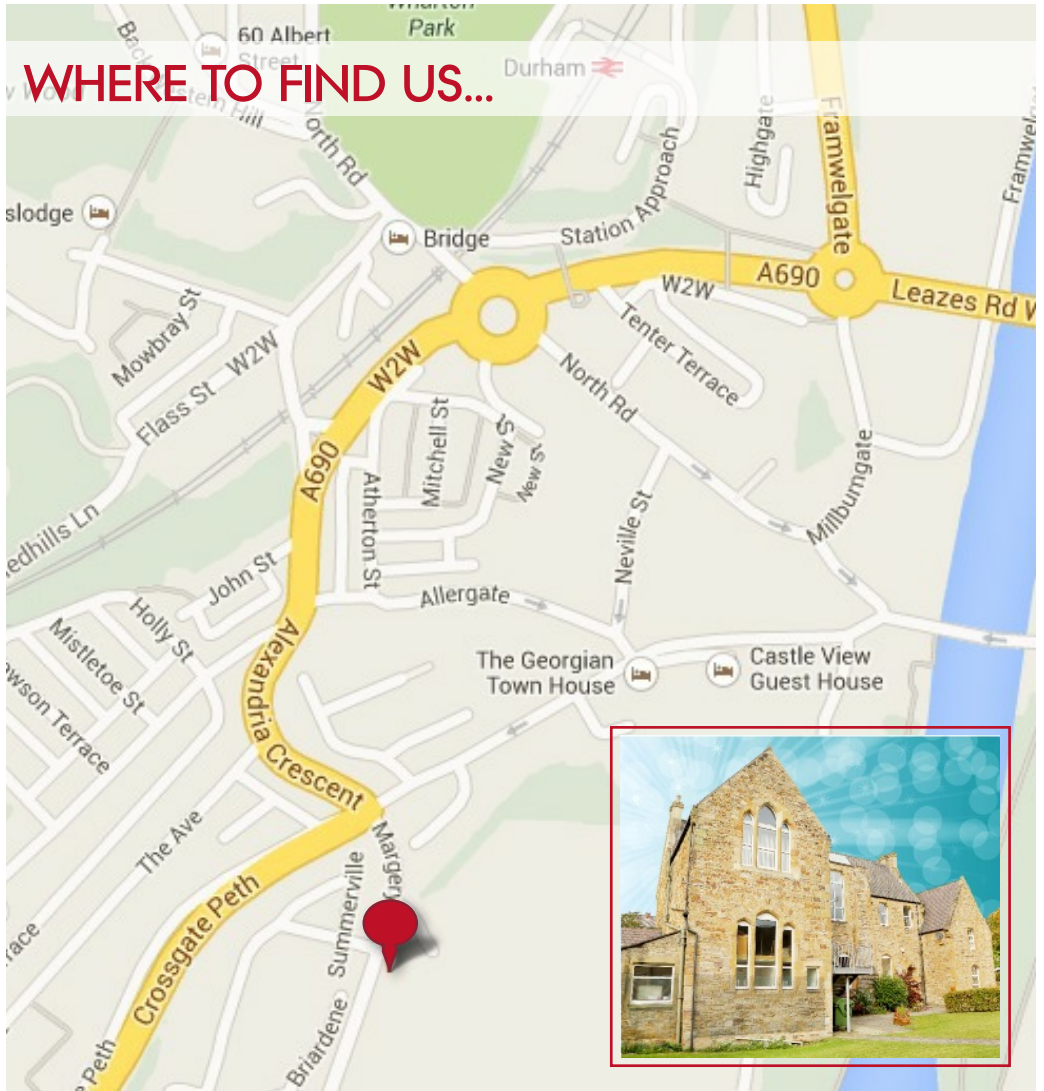
We invite members of the local community and beyond to join us for a cuppa and a conversation.

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