



St. Margaret's Centre

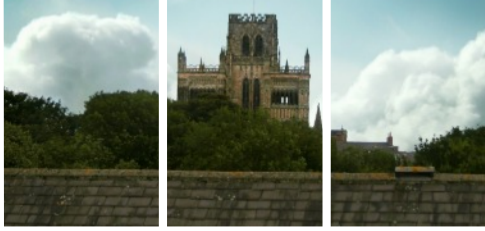
Supporting people with mental health problems

COURSES

a guide to our courses in November and December 2019



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

BROWN PAPER CHRISTMAS CARDS COST £3.00



**31st October,
7th, 14th,
28th November,
5th December**
10.00am - 12.00pm
ACTIVITIES ROOM

What are 'Brown Paper' Christmas cards

This style of card has a natural and recycled appeal and any lettering or designs stand out well against them, particularly white, which of course is often used in Christmas card design.

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 you will be shown how to create a different brown paper card or gift tag. You can choose to follow the example or get creative and use the materials available to create your own ideas.

THE NEXT COURSE WILL BE

THE JOY OF TEXT

CREATIVE TYPOGRAPHY

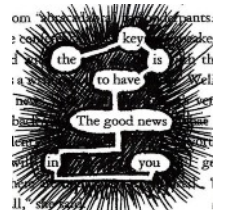
9th January

for 6 sessions

10.00am - 12.00pm

ACTIVITIES ROOM

COST £3.00



Thursday

mornings

MANAGING LOW MOOD AND ANXIETY



**31st October,
7th, 14th, 21st Nov
5th December**
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

9th January

for 5 sessions

1.30pm - 3.30pm
MEETING ROOM 1



Thursday

afternoons

BOTANICAL DRAWING

INTRICATE LINE DRAWING

COST £3.00



**31st October,
7th, 14th,
28th November,
5th December**
1.30pm - 3.30pm

ACTIVITIES ROOM

What is Botanical Drawing?

Botanical drawing is a true and lifelike representation of a plant. It should include any distinguishing features so that a botanist can tell one plant from another. This style of drawing has increased in popularity recently, and has been given a contemporary twist! The beautiful, intricate designs are used widely in advertising, in restaurants, gin labels and even tattoos!

What are the benefits?

When you're a child, drawing comes almost as second nature - give a child a pencil and they will sit and draw quite happily. But for many of us, this pleasure in drawing tends to fade away as we get older, usually because we tend to think that there is a 'right' way to draw, or that we are just not talented enough.

We think it's about time we all started picking up our pencils again and re-discovering the pleasure of drawing, and taking a pride in your achievements. It can definitely raise your self esteem and boost your morale.

What will we be doing?

Each week we will study simple plant forms, leaves and flowers. We will draw them using pencil, fineliners and watercolours. The course will culminate in a design that incorporates all of the elements we have practised drawing.

THE NEXT COURSE WILL BE

CUTE

CUTE CREATURES IN
LINE AND WATERCOLOUR

9th January

for 6 sessions

1.30pm - 3.30pm

ACTIVITIES ROOM

COST £3.00



WOW - WINDOWS OF WONDER



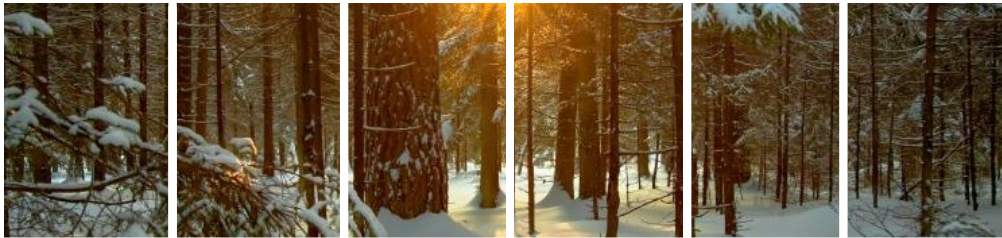
AS A CHARITY SPONSOR OF THIS YEAR'S LUMIERE FESTIVAL, ST. MARGARET'S CENTRE HAS BEEN GETTING INVOLVED WITH THE CREATION OF BOTTLE FESTOONS WHICH WILL PROVIDE A SOURCE OF LIGHTING ON THE FESTIVAL TRAIL, AND WE WILL ALSO BE A PURCHASE POINT FOR THE OFFICIAL PROGRAMMES.

THROUGHOUT LUMIERE WE WILL BE LIGHTING UP THE CENTRE WITH A VARIETY OF COLOURFUL DISPLAYS AS PART OF OUR WINDOWS OF WONDER EVENT, OR WOW FOR SHORT, AND ON 15TH NOVEMBER WE WILL BE CELEBRATING WITH A HOG ROAST, BOTTLE BAR AND A LIVE BAND.

MORE INFORMATION WILL BE AVAILABLE SOON ON OUR FACEBOOK PAGE  www.facebook.com/st.centre.3 AND MAILING LIST. WE HOPE YOU WILL JOIN US!

TELEPHONE 0191 384 8100

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!

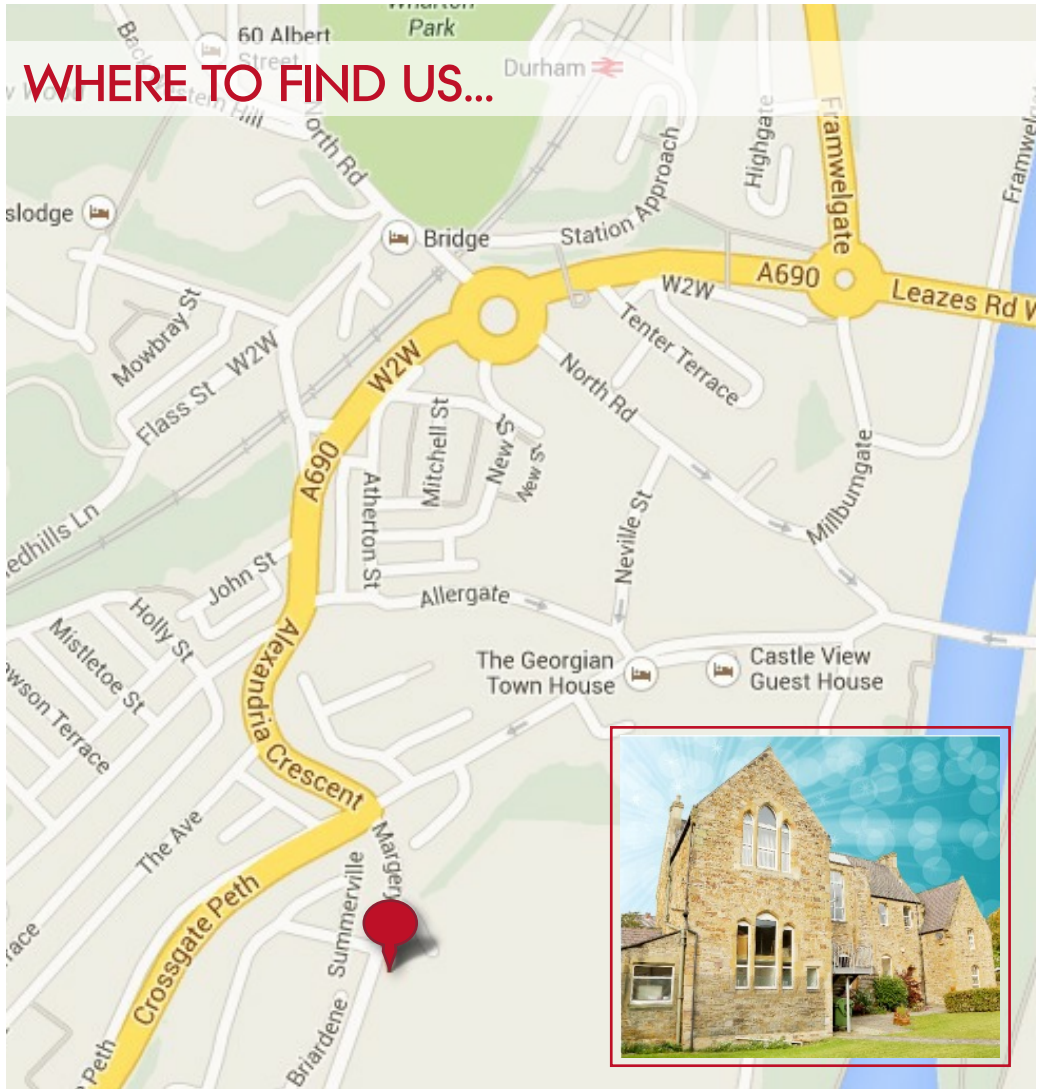
We invite members of the local community and beyond to join us for a cuppa and a conversation.

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...



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'The Old School'
Priory Orchard,
Margery Lane,
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tel: 0191 3848100

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www.stmargaretscentre.co.uk