



# St. Margaret's Centre

Supporting people with mental health problems

# COURSES

a guide to our courses in January and February 2020



## 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 well being courses now for a number of years.

These are usually around two hours long, and cover a variety of craft based subjects, including drawing, painting, and model making.

Due to the courses becoming increasingly popular, we ask that you choose **one craft course only**.

This year, we will be hosting a **new music therapy course** which will run all year. It will take place every Wednesday. Further details are in this leaflet.

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, or help you to manage your finances.

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!

# Wednesday

*all day*



## MUSIC THERAPY COURSE



**looking to commence**  
**29th January**  
all day from 9.30am  
**MEETING ROOM 1**

### **What is this course about?**

This is a brand new course and we are extremely fortunate to have this wonderful opportunity to take part in this musical project. A group of highly qualified music therapists will be working with us in groups or one to one. They are trained to connect with the individual and they understand that music evokes different reactions and responses in everyone. While other forms of music therapy may involve playing music, these groups make music together. This could be through improvisation, making use of music people already know, creating new music together or working towards some kind of performance.

### **What are the benefits?**

Music therapy has many benefits, breaking through where words can't. The music therapists are skilled musicians who are expertly trained to tune into each movement, reaction and expression of the individuals they work with to discover how they can enrich their lives. This could be to unlock memories, to communicate where words have failed, to socially connect with family and friends and to build confidence and self-esteem.

### **What will we be doing?**

Over the course of the year, we will be engaging in improvised music making, singing or playing instruments and all offer a social music-making experience. No previous musical experience is needed.



# Thursday

mornings

## THE JOY OF TEXT

CREATING ART WITH WORDS

COST £3.00



**9th, 16th, 23rd,  
30th January,  
6th, 13th February**  
10.00am - 12.00pm  
**ACTIVITIES ROOM**

### What is 'The Joy of Text' course about?

The art of recycling old and characteristically worn book pages has become an increasingly popular one. We will explore this technique, painting and drawing over text and using old pages to create new things.

### 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?

We will use the book pages and other text related items to create new art using fineliners and watercolours. We will create altered jigsaw pieces to create fridge magnets and make 3d text decorations for your home.

THE NEXT COURSE WILL BE

**CUTE**

**20th February  
for 6 sessions**

10.00am - 12.00pm

**ACTIVITIES ROOM**

COST £3.00



# Thursday

*afternoons*

## **MANAGING LOW MOOD AND ANXIETY**



**9th, 16th, 23rd,  
30th January,  
6th February**  
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.

## **MANAGING LOW MOOD AND ANXIETY**

**20th February  
for 6 sessions**

1.30pm - 3.30pm  
**MEETING ROOM 1**



# Thursday

afternoons

**CUTE** COST £3.00

CUTE CREATURES IN LINE AND WATERCOLOUR



**9th, 16th, 23rd,  
30th January,  
6th, 13th February**  
1.30pm - 3.30pm  
**ACTIVITIES ROOM**

## What is 'Cute'?

'Cute' is a new course which aims to introduce us to the basics of drawing simple animal figures with cute facial expressions and postures. We will learn about the importance of eyes and we will practise drawing guidelines to make sure that we get these all in the right place. Nothing will be too complicated and you will be drawing your own cute creatures before you know it!

## 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 draw with pencil, watercolours and fineliners, producing small drawings which will be made into cards and gift tags. No real drawing experience is needed to enjoy taking part in this course.

THE NEXT COURSE WILL BE

## WORDPLAY

CREATIVE WRITING

**20th February  
for 6 sessions**

1.30pm - 3.30pm

**ACTIVITIES ROOM**

COST £3.00



# Friday

*mornings*

## TOOLS AND TIPS TO SAVE MONEY



**17th, 24th, 31st**

**January,**

**7th, 14th February**

**10.00am - 12.30pm**

Last session 10.00am - 1.00pm

**MEETING ROOM 1**

**This year, we are hosting a range of courses designed to improve living skills and well being, run by Bishop Auckland College. The courses are free, but to qualify, you must live in County Durham. Please bring proof of your address (a benefit letter or utility bill for example) and your National Insurance Number**

This is a brand new course which will equip you with the tools and knowledge needed to get on top of your finances. It is designed to be accessible to people with no experience of budgeting, and with an awareness of the relationship between ill health and money.

### **We will be learning how to:**

- . Explore your emotional relationship with money
- . Look practically at basic building blocks for creating your own budget
- . Learn some simple tips and strategies for controlling spending and getting your budgets to balance, including looking at how to manage and overcome debt
- . Consider the importance of savings and the benefit of setting simple goals
- . Explore some attitudes around money that will contribute to improved mental wellbeing
- . Use practical methods of managing spending day to day

THE NEXT COURSE WILL BE

**INTRODUCTION TO  
CONFIDENCE AND  
PERSONAL  
DEVELOPMENT**

**February 28th for 5 sessions**

10.00am - 12.30am

**MEETING ROOM 1**

# course

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## MANAGING LOW MOOD AND ANXIETY

"The course was **friendly**, informative and given very professionally. The atmosphere was **relaxed** and therefore made it more enjoyable and I looked forward to each session and meeting new friends."

"I, personally, couldn't think of anything which would make the course better. Excellent in every way."

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## WATERCOLOURS

"I liked the activities, the end products. The very **skilled demonstrations**, the accessibility to good quality materials, the **clear instructions**, the additional support. It has been **inspirational and motivating**. New ideas. I am very pleased with what I've been able to achieve and produce."

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## TORN

"Didn't like getting sticky at first, but overcame it and got stuck in! Good results. **Good group of people** with lots of input."

"There is nothing that would make this course better. The tutor has covered a lot of useful ways in which you can use torn paper to create amazing artwork. Thank you so much."

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## BACK TO BLACK

"I liked the social aspect, **supportive**, friendly, **very interesting**, learning new, stimulating skills that I thought I could never do.."

"The course was relaxing and with a lovely group of people. It makes me more confident with people. Olwyn explains simply and her class is good to be part of."



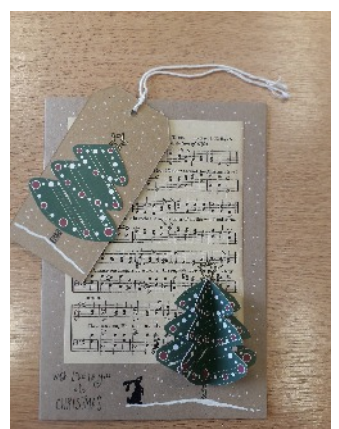
# feedback

## BOTANICAL DRAWING

"Loved this course. It **felt good** to be able to produce such intricate drawings without any previous drawing experience. I am amazed at what I have achieved and I have enjoyed the **good company**."



## 3D CHRISTMAS CARD MAKING





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



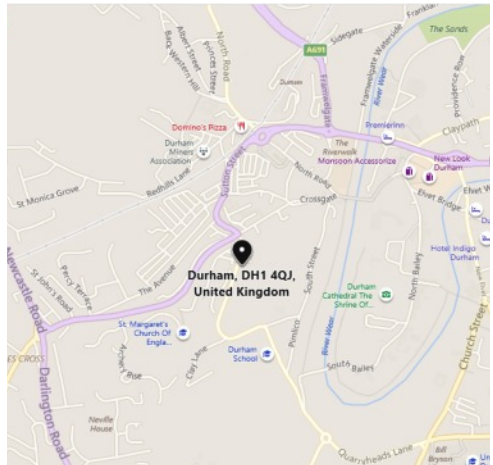
♥ always a warm and friendly welcome ♥

## 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.

Our 'Chatty Cafe' runs 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!

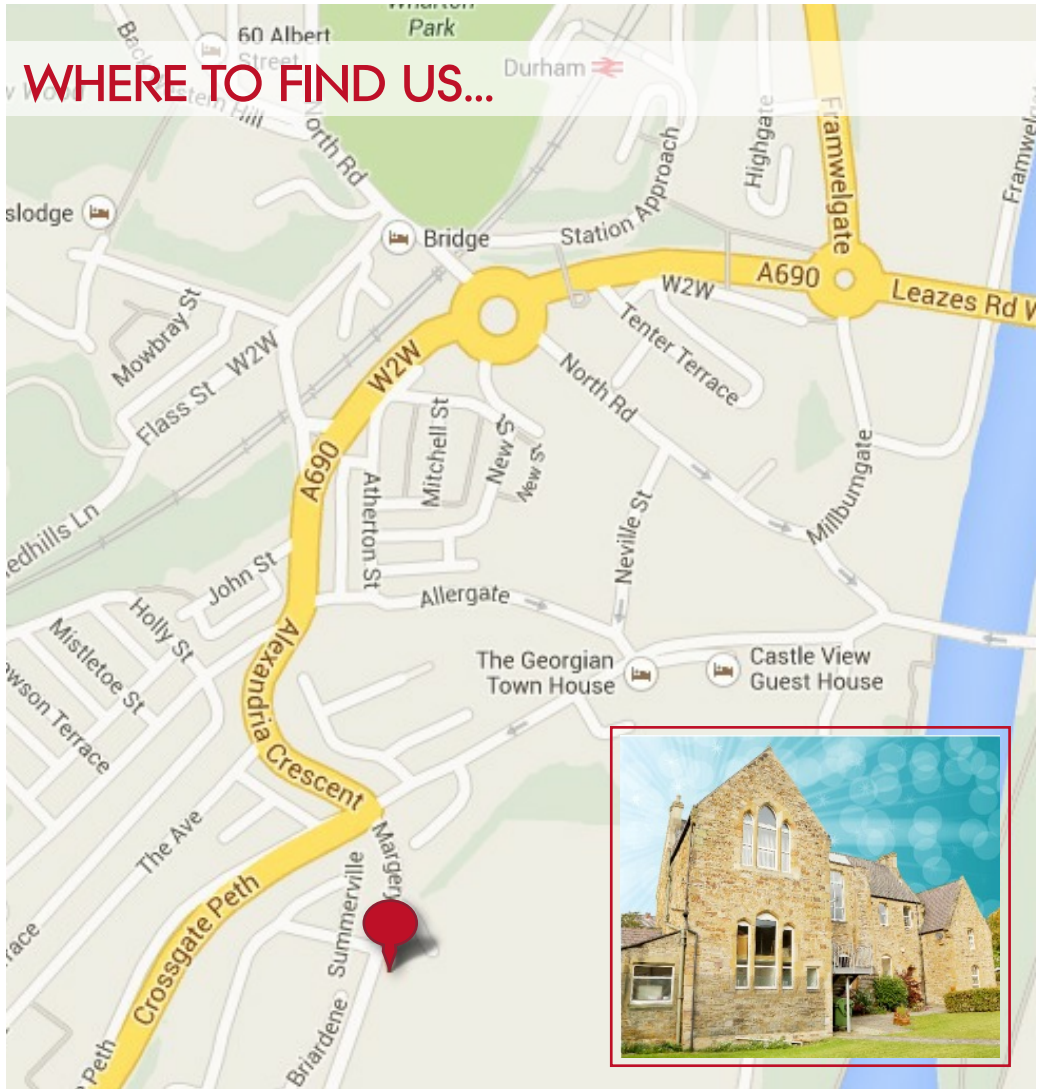
**We invite members of the local community and beyond to join us for a cuppa and a conversation.**

## 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](mailto:enquiries@stmargaretscentre.co.uk)

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