



St. Margaret's Centre

Supporting people with mental health problems

COURSES

a guide to our courses in February and March 2020



WHO ARE WE?



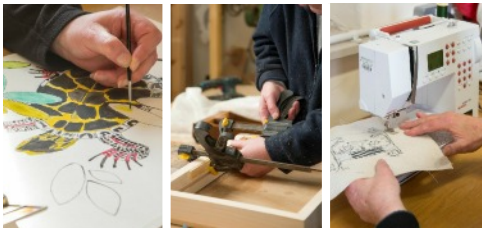
St. Margaret's Centre

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 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!

Thursday

mornings

CUTE

CUTE CREATURES IN LINE AND WATERCOLOUR



**20th, 27th February,
5th, 12th, 19th,
26th March**

10.00am - 12.00pm

ACTIVITIES ROOM
COST £3.00

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

FELT

SMALL FELT CREATIONS

2nd April
for 6 sessions

10.00am - 12.00pm

ACTIVITIES ROOM
COST £3.00



Thursday

afternoons

MANAGING LOW MOOD AND ANXIETY



**20th, 27th February,
5th, 12th, 19th,
26th March**
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

SELF HELP TIPS

2nd April
for 6 sessions

10.00am - 12.00pm
MEETING ROOM 1



Thursday

afternoons

PASTEL DRAWING

OUR EVER POPULAR COURSE



**20th, 27th February,
5th, 12th, 19th,
26th March**
1.30pm - 3.30pm
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

IN THE SHADE

BRING YOUR COLOURING TO LIFE

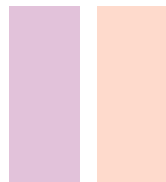
2nd April
for 6 sessions

1.30pm - 3.30pm
ACTIVITIES ROOM
COST £3.00



Friday

mornings



INTRODUCTION TO CONFIDENCE AND PERSONAL DEVELOPMENT



**28th February, 6th,
13th, 20th, 27th March**

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 new course aimed at providing learners with skills and strategies to increase their confidence and personal development.

The skills that learners can gain will include:

- . Developing personal insight
- . Developing an awareness and understanding of the sources of confidence
- . How to manage anxious and stressful events
- . How to adopt a more positive self belief

Communication skills will be developed and enhanced, improving your confidence in being able to communicate in various settings. improving you knowledge and skills will help people to take up new challenges, be more confident in personal decision making and open to change.

THE NEXT COURSE WILL BE

DEVELOPING HEALTHY COPING STRATEGIES

**Dates to be
confirmed**

10.00am - 12.30am

MEETING ROOM 1



feedback

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."

BOTANICAL DRAWING

"I liked learning **new skills** in drawing and how to draw flowers. The tutor did an excellent job in illustrating how to **create beautiful artwork** and skills I can use in my future pictures. Loved this course, well designed, thank you so much."

3D CHRISTMAS CARDS

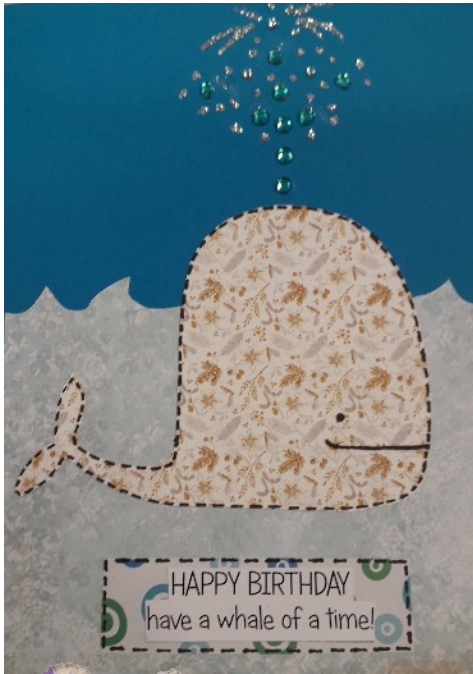
"I looked forward every week to seeing what each new session would bring. I used my **new found skills** and **inspiration** to carry on at home, and I made all my own Christmas cards this year! My family have loved them and **it has done me the the world of good**, making me **feel better about myself**, and having something to **look forward** to each week. Thanks Olwyn!"



feedback

WATERCOLOURS

"I loved 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**."



'CUTE'



'BOTANICAL DRAWING'

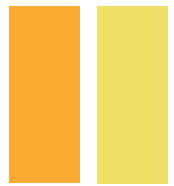


'THE JOY OF TEXT'

'WATERCOLOURS'



news



The centre is busier than ever, and we have taken the new year as an opportunity to introduce a wider variety of courses with the help of other organisations.

We are very excited to be joined by Elizabeth, who is doing a year-long placement at the centre thanks to Nordoff Robbins. Elizabeth will be delivering music therapy activities with both individuals and in groups on Wednesdays, with the aim of getting people expressing themselves through sound.

Bishop Auckland College is providing a course on 'Tips and Tricks to Save Money', in what we hope will be the first in a series of practical sessions.

One of our attendees Isabelle has set up her own 'Something for Nothing' course on Monday afternoons, to pass on some of her expertise with a variety of materials. This is a friendly group who are learning together at everyone's own pace, and they have decided their first project will be making a quilt together. We can't wait to see the finished product!

Pauline, who has been a supporter of the centre for many years, has started a monthly cardmaking group, passing on some of her crafting skills to our attendees.

The Workers Educational Association (WEA) ran an Introduction to Meditation session recently, which was very well received. We hope to do more of this kind of activity in the future to help with relaxation and mindfulness. We are currently organising more sessions with WEA.

Finally, Nicola and some volunteers and attendees have started their Walk Leader training, so we can hope to be 'running' some organised walks as the weather gets a bit brighter.

We are so grateful for everyone's support in making St Margaret's Centre a vibrant place to be!





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



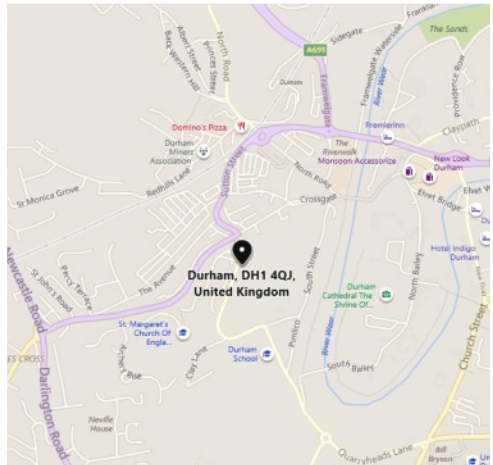
♥ always a warm and friendly welcome ♥

OPENING TIMES

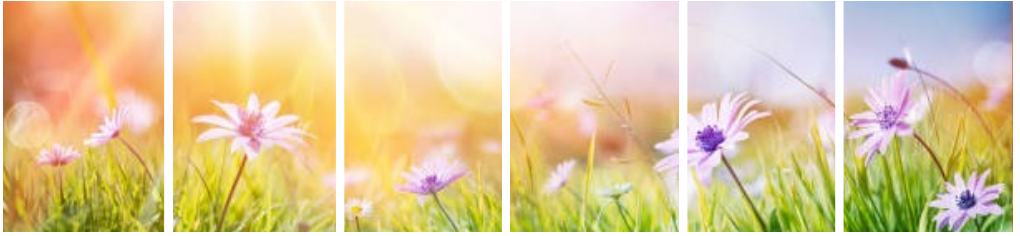
8.30AM - 2.30PM

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!

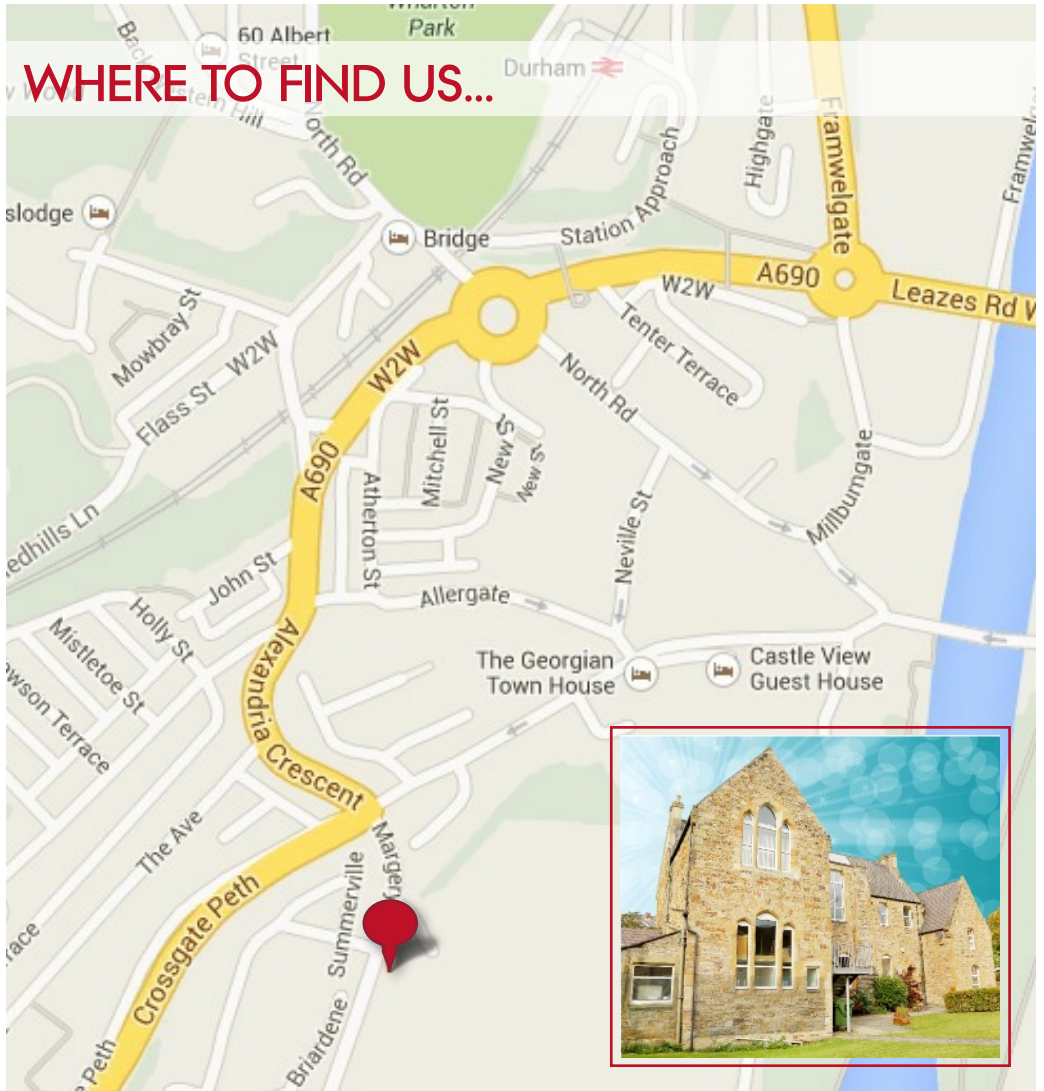
We invite members of the local community and beyond to join us for a cuppa and a conversation.

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...



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'The Old School'
Priory Orchard,
Margery Lane,
Durham
DH1 4QJ

tel: 0191 3848100

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