

**SOUTHWARK**  
**WELLBEING**  
**HUB**

together  
FOR MENTAL WELLBEING

# Wellbeing workshops

May – July 2017



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## SLaM Recovery College Workshops

These workshops are designed for people who would like support with their wellbeing. They provide information and strategies to develop understanding and resilience.



### Understanding Panic Disorder

What: 3-hour workshop  
When: Thursday 25 May, 1.30pm to 4.30pm  
Where: Southwark Wellbeing Hub

This workshop aims to explore and understand what panic disorders are and the different forms they may take. We will then discuss a range of coping methods and strategies that people might find useful, in particular what cognitive behavioural treatments are available and how they can help.

### Overcoming Panic Disorder

What: 3-hour workshop  
When: Thursday 1 June, 1.30pm to 4.30pm  
Where: Southwark Wellbeing Hub

A workshop aimed at furthering understanding of panic disorders, offering a supportive space to ask questions and learn from each other. We will look at the different types and features of panic disorder, and how individuals might begin to recover from, and manage, their panic attacks.

*This course has been designed in collaboration with staff from the Centre for Anxiety Disorders and Trauma (CADAT) and people who used their services*

### Understanding Self-Harm

What: 3-hour workshop  
When: Monday, date TBC  
Where: Southwark Wellbeing Hub

This workshop will look at what comes under the umbrella of 'self-harm' and we will explore some of the many possible reasons why some people harm themselves.

We will explore the role of professionals and services, discuss how someone who self-harms can reduce the risks, and look at the types of support which are available.

## Introduction to Psychological Therapies

What: One day workshop

When: Tuesday 20 June, 10.00am to 4.00pm

Where: Southwark Wellbeing Hub

What are psychological or talking therapies? The morning session will explore how psychological therapies can help people.

During the afternoon session we will explore and explain the different types of psychological approaches that are available in secondary care, primary care and in the voluntary sector, and what you can expect from taking part in these types of therapies.

## Life After Trauma

What: 3-hour workshop

When: TBC

Where: Southwark Wellbeing Hub

Traumatic experiences are sadly a common feature of many people's lives. These can have a lasting impact physically, psychologically and socially.

This workshop will aim to cover the issues below in a sensitive manner, and with as much or as little participation from students as they feel able:

- What the effects of trauma can be: the causes, symptoms, role of triggers, and effects on relationships
- What recovery might look like
- What support might be helpful: obtaining information about it, peer support, family/carer support, evidence based therapies and activism

## Understanding Hoarding

What: 3-hour workshop

When: TBC

Where: Southwark Wellbeing Hub

This workshop aims to explore and understand what hoarding disorder is in more depth and the different forms it may take. We will then discuss a range of strategies that people might find useful and in particular what cognitive behavioural treatments are available and how they can help.

*The course has been designed in collaboration with staff from the Centre for Anxiety Disorders and Trauma (CADAT) and people who have used their services.*

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## London Unemployed Strategies Workshop



**London Unemployed Strategies** are an organisation that campaigns for more help and less harassment for the unemployed.

The sessions are designed to equip participants with the basic knowledge and confidence they need to help themselves and each other with benefits-related issues.

### **KNOW YOUR RIGHTS AND HOW TO EXPRESS THEM!**

What: 8 x 2 hour Workshops

When: Tuesdays, 30 May – 18 July 10.30am-12.30pm

Where: Bells Gardens Community Centre

Are you having problems with Jobcentre Plus, ESA/JSA Claimant Commitment, Work Capability Assessments, Work Programme, sanctions, Universal Credit? You are not alone!

Come and join our support group and get free training, advice and discussion on issues that matter to you!

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## Yoga at Sporting Recovery



Sporting Recovery develop ways of helping people with mental health issues cope with their recovery journey and find ways of integrating back into their community. Their programmes integrate sports, nutritional advice and education.

We have partnered with them to provide ten free sessions of Yoga. Increase your overall sense of health and wellbeing with this gentle mixed class that is suitable for beginners and more experienced students.

What: 10 x 1 hour group sessions

When: Wednesdays, from 19 April, 3pm to 4pm

Where: Sporting Recovery

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## Shared Reading Group



The Reader is a charitable social enterprise working to connect people with great literature through shared reading. Their primary way of doing this is through their innovative shared reading model, bringing people together in weekly groups to listen to poems and stories read aloud. Thoughts and experiences are shared; personal and social connections are made. **This is a well-established partnership providing an ongoing reading group at our weekly InSpire Pop Up.**

What: 1 hour weekly group session

When: Fridays, 1pm to 2pm

Where: InSpire

This is ongoing weekly informal group that can be joined at any time; come along and try it out for yourself. Everything is read aloud at the group so there is no need to read anything in advance. This is an opportunity to listen to poems and stories, and share thoughts and experiences.

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## Southwark Wellbeing Hub Courses

**We have a series of information sessions designed to inform you about opportunities in the community, and workshops to help you manage your mental and physical wellbeing.**

### Information Sharing Sessions

What: 3 x 1.5 hour workshops

When: Fridays 19 May, 16 June & 14 July, 3.00pm to 4.30pm

Where: Pembroke House

These sessions are opportunities for professionals to share information about their service with each other and Southwark residents.

There is lots of opportunity to network but each session is loosely structured around a theme.

**May - Asset and skills sharing** - A chance to broadcast the hidden skills and assets within your organisation, from Tango dancing to room hire!

**June - Referral pathways** - How can we get people to where they need to be?

**July - Organisation showcase** – Presentations from local organisations (if you would like to present, please let us know!)

## Positive Wellbeing Programme

What: 6 x 2.5 hour workshops

When: Wednesdays 10 May until 14 June, 2.00pm to 4.30pm

Where: Southwark Wellbeing Hub

Would you like to:

Develop your confidence? Be more assertive? Learn relaxation techniques? Improve communication with family, friends and professionals?

If so, this is the course for you!

The course will support participants to set personal goals to improve their wellbeing and aid recovery in a safe and supportive environment.

*These workshops are co-designed & co-facilitated by Christine Andrews (Service User Consultant), Rugie Kanu (Volunteer) and Joy Matthews (Volunteer and Training Coordinator).*

## Healthy Lifestyle Programme

This is a programme designed to support people to increase their physical activity.

### Healthy Lifestyle: Gym Focus

What: 1 hour workshop

When: Fridays, 10am to 11am

Where: The Castle Leisure Centre

We will help you to access the gym and gain confidence using gym equipment by meeting as a group at the Castle Leisure Centre and accessing the gym facilities together.

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# Managing Long-Term Physical Health Conditions

Southwark Wellbeing Hub has partnered with Southwark Psychological Therapies Service to offer the following two group programmes for people with chronic physical health conditions.

If you would like to participate in either of these groups, **please contact Southwark Psychological Therapies Service direct on 020 3228 2194 or [sptsadmin@slam.nhs.uk](mailto:sptsadmin@slam.nhs.uk)**. They will guide you through their assessment process to confirm your eligibility for the group.

## Wellbeing Programme for Health Conditions

What: Weekly rolling group, 1.5 hours  
When: Tuesdays 25 April until 11 July, 10.30am to 12pm  
Where: Southwark Wellbeing Hub

This will be a weekly, rolling group for those experiencing long term physical health conditions. This group is suitable for those who would like to:

- Connect with other people facing similar challenges
- Learn strategies and techniques for managing the anxiety, low mood, fatigue and other difficulties that can accompany these conditions

To attend this programme you will need to be:

- Motivated and able to attend regularly
- Comfortable in a group, and able to listen to other people's experiences with an option to share some of your own
- Interested in learning new approaches and exploring positive changes to how you might cope with your condition

## Mindfulness for Health Programme

What: 9 weekly group sessions, 2 hours 15 minutes  
When: Tuesdays 2 May until 27 June, 2pm-4.15pm  
Where: Southwark Wellbeing Hub

This group is suitable for those who would like to learn mindfulness and meditation techniques in order to better cope with the difficulties arising from their physical health condition. To attend this programme, you will need to be able to:

- Commit to attending all sessions of the programme
  - Commit to at least half an hour of home meditation practice every day
  - Feel comfortable in a group and be able to listen to other people's experiences
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## **Southwark Wellbeing Hub Contact Details**

Call: 020 3751 9684

Text: 'HUB1' and your query to 82727

Email: [southwarkhub@together-uk.org](mailto:southwarkhub@together-uk.org)

Visit: [southwarkhub.together-uk.org](https://southwarkhub.together-uk.org)



## Workshop Locations

### **Southwark Wellbeing Hub**

Thames Reach Employment Academy  
29 Peckham Road, London SE5 8UA

Buses: 12, 136, 171, 345, 436 (Vestry Road Stop)  
Nearest train station: Peckham Rye or Denmark Hill.

### **InSpire**

The Crypt at St. Peter's Liverpool Grove, SE17 2HH

Buses: 12, 171, 35, 45, 148  
Nearest train station: Peckham Rye or Denmark Hill

### **Pembroke House**

80 Tatum Street, London, SE17 1QR

Buses 53, 136, 168, 172, 343, 363, 453

### **Sporting Recovery**

Damilola Taylor Centre, 1 East Surrey Grove, SE15 6DR

Buses: 63, 363, 136, 343

### **The Castle Centre**

2 St. Gabriel Walk, Elephant and Castle, SE1 6FG

Buses: 12, 171, 35, 40, 45, 68, 468

### **Bells Gardens Community Centre**

19 Buller Close, London SE15 6JU

Buses: 63,78,363,381