

SOUTHWARK
WELLBEING
HUB

together
FOR MENTAL WELLBEING

Wellbeing workshops

Sept – Dec 2017



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.



Introduction to Psychological Therapies

What: 1 day workshop
When: Tuesday 3 October, 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.

Understanding the Impact of Substance Use on Mental Health

What: 1 day workshop
When: Tuesday 17 October, 10.00am to 4.00pm
Where: Southwark Wellbeing Hub

People often experience problems with both mental health and substance use (alcohol and drugs). Each can cause difficulties and together they can have a big impact on the person themselves and their family and carers. Finding the right help and support can be difficult.

This workshop will:

- Identify commonly used substances and the effects they can have on mental health, physical health and the person's social circumstances.
- Explore people's reasons for using substances.
- Provide information about some of the services that may be helpful.

Understanding Hoarding

What: 1 day workshop

When: Thursday 19 October, 10.00am to 4.00pm

Where: Southwark Wellbeing Hub

People with hoarding problems save and collect items to excess and also find it difficult to part with possessions. Over time this can lead to the build-up of clutter in the home, which can make it difficult for people to use rooms for their intended purpose. Clutter may build up in people's homes for different reasons (e.g. feeling low or worrying that something bad might happen if they were to let go of particular items).

Hoarding becomes a problem when it affects the ability of a person to live comfortably and safely in their home. People with hoarding problems often find it difficult to make decisions which can also lead to avoiding sorting through possessions, or looking through one possession after another without making a decision about whether each item should stay or go. They may also buy or pick up more items than they need, which can also lead to the build-up of clutter.

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.

Understanding Depression

What: Half-day workshop

When: Wednesday 8 November, 1.30pm to 4.30pm

Where: Southwark Wellbeing Hub

Depression is a word which is often used to explain periods when we are feeling 'low', 'sad' or a bit 'blue'. 'Feeling low' is something most people experience from time to time and is a natural part of human experience. However, when these feelings become more severe, begin to take hold of your life and just won't go away, it may be something more serious like 'depression'. Depression is a common condition and as such we now know a lot about its effect physically and mentally and how you can manage it.

The workshop aims to explore the facts about depression, how it is diagnosed and what it might feel like to have depression. It also aims to provide you a safe and comfortable environment where speaking about your experiences could unburden you or possibly help others with their depression.

Alcohol: Friend or Foe

What: 1 day workshop

When: Thursday 23 November, 10.00am to 4.00pm

Where: Southwark Wellbeing Hub

People who drink alcohol can have very different experiences. This workshop looks at why that is and some of the things you can do when you or someone you know is having issues managing their alcohol use. The workshop will include:

- Interesting facts you might not know about alcohol.
- Sharing of tips.
- An opportunity to talk to people with professional and lived experience about options to try when alcohol becomes a problem.

Mental Health: Disclosure and Your Rights at Work

What: 1 day workshop

When: Thursday 30 November, 10.00am to 4.30pm

Where: Southwark Wellbeing Hub

The aim of this workshop is to help participants gain a better understanding of their rights with regards to disclosure of their mental health condition to employers. This is an area that people often feel very confused about and it is hoped by the end of the workshop participants will feel more equipped to make an informed choice as to whether to disclose their condition or not. The workshop will cover the advantages and the disadvantages of disclosure, how to disclose, and the role of the Equality Act (2010) and how it can protect the individual if they choose to disclose.

Understanding Anxiety

What: Half-day workshop

When: Wednesday 6 December, 1.30pm to 4.30pm

Where: Southwark Wellbeing Hub

Anxiety is something we all experience from time to time. Most people can relate to those anxious, butterfly feelings when doing something which feels uncertain or feeling fearful about sitting exams, having a medical, going to the dentist.

It is a natural feeling and can be useful, as it warns us when we need to take action, when we may be in danger or can even help us to perform better. However, anxiety can change from something everyone experiences in mild forms, to something which is persistent, excessive or overwhelming. It can begin to interfere with many aspects of your life – from confidence, to physical wellbeing and engagement in basic or complex activities of living. The aim of this course is to explore the facts about anxiety, making a distinction between common anxiety and anxiety disorders, exploring the possible causes and considering how to face it head on.

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: 10 x 2 hour Workshops

When: Mondays, 25 September to 27 November, 10.30am to 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! You can attend as many or as few sessions as you wish.

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 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: 15 x 1 hour group sessions

When: Wednesdays, 6 September to 20 December, 3pm to 4pm

Where: Sporting Recovery

Shared Reading Group

The
Reader

CONNECT
REALISE
CHANGE



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: Weekly group session, 1 hour
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.

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: 4 x 1.5 hour workshops
When: Fridays, 15 September, 13 October, 17 November & 15 December, 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.

September - Organisation Showcase Presentations from local organisations (if you would like to present, please let us know!)

October – Partnership Working How can we create more opportunities to work together?

November - Organisation Showcase Presentations from local organisations (if you would like to present, please let us know!)

December – End of Year Celebration Opportunity to network and review the sessions

Confidence Building Programme

What: 4 x 2.5 hour workshops

When: Wednesdays, 27 September to 18 October, 2.00pm to 4.30pm

Where: Southwark Wellbeing Hub

Would you like to: Develop your confidence? Improve your self-esteem and wellbeing? Learn relaxation techniques?

Yes? 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. We'll be working with South East London Vision to ensure that this course is inclusive of people with sight loss or visual impairment.

Gym Group

What: 1 hour workshop

When: Fridays, 10.30am to 12pm

Where: The Castle Leisure Centre

This is a supportive group that meets on an ongoing basis to go to the gym and have a chat around developing a healthier lifestyle.

We meet in the in the café at The Castle and go up to the gym together. We can also provide support with joining the gym and accessing the free Everyone Active card which is available to Southwark residents.

Self-Management Group

This is part of the Peer Support programme at the Southwark Wellbeing Hub

What: 4 x 3.5 hour workshops leading on to an ongoing group

When: Tuesday 19, Thursday 21, Tuesday 26 & Friday 29 September 1.30pm to 5.00pm

Where: Southwark Wellbeing Hub

Feeling distressed and struggling to cope? We can support you to develop techniques to manage your own mental wellbeing.

Our Self-Management group can help you to learn a set of problem solving and goal setting techniques taught by people who have 'been there' themselves. After the workshops, a regular peer support group will form.

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. 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, 12 September to 12 December, 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: 10 weekly group sessions, 2 hours 15 minutes

When: Tuesdays, 19 September to 21 November, 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

Southwark Wellbeing Hub Contact Details

Call: 020 3751 9684

Text: 'HUB1' and your query to 82727

Email: southwarkhub@together-uk.org

Visit: 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