

**SOUTHWARK
WELLBEING
HUB**

together
FOR MENTAL WELLBEING

Wellbeing workshops

January – April 2019



This programme is free and open to anyone who lives in Southwark or is registered with a GP in Southwark.

To attend any of the workshops or activities listed please contact sumaya-fenton@together-uk.org or call 020 3751 9684

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 Personality Disorder

Personality disorder is a phrase used to describe a group of common, long-lasting conditions that affect how people view and manage their emotions and how they relate to other people.

This course explores what is meant by personality disorder in general and how it can affect other aspects of a person's mental and physical health.

We will also discuss specific treatments and how people can help themselves to regain a measure of control in their lives.

What: One-day workshop

When: Thursday 24th January 10:00am-4:00pm

Where: Thames Reach Employment Academy

Communication Skills for Resilient Relationships

Please note: this workshop focuses primarily, though not exclusively, on relationships between couples.

Communicating is more than just what we say. It is how we say things and what we understand from what is said to us.

Sometimes it can be difficult to know how to communicate with the people around us, especially when you need to discuss something unpleasant, or there is a power imbalance in the relationship, or you are from different social backgrounds, or the language and terms being used are not familiar to us.

This workshop will explore active listening skills and the barriers which impact on the way we communicate with the aim of reducing misunderstanding & conflict.

What: Half-day workshop

When: Monday 18th February 1:30pm-4:30pm

Where: The Ortus Centre

Understanding Bipolar Disorder

Bipolar is a mood disorder characterised by extreme changes in mood.

Although we all have mood swings, in bipolar disorder these can become unmanageable and overwhelming - individuals can experience severe and/or rapid mood swings that can last several weeks or months, far beyond the normal ups and downs.

The aim of this course is to explore the facts and realities of bipolar disorder, how it is diagnosed and treated, how you can manage it, and how you can support someone that you care about.

What: Half-day workshop

When: Thursday 7th March, 1:30pm - 4:30pm

Where: Thames Reach Employment Academy

Alcohol: Friend or Foe

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
- A place to share tips and to talk about our own experiences of alcohol.
- An opportunity to talk to people with professional and lived experience about options to try when alcohol becomes a problem.

What: One-day workshop

When: Wednesday 20th March, 10:00am - 4:00pm

Where: Thames Reach Employment Academy

Understanding Self Harm

Rates of self-harm in the UK have increased over the past decade and are amongst the highest in Europe. However, it still remains a much misunderstood issue.

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 useful.

What: Half-day workshop

When: Thursday 21st March 1:30pm - 4:30pm

Where: Thames Reach Employment Academy

Understanding Anxiety

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.

What: Half-day workshop

When: Tuesday 26th March 1:30pm - 4:30pm

Where: The Ortus Centre

Understanding Depression

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. Understanding the signs, symptoms, causes, and treatment of depression is the first step to overcoming the problem.

This 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 with a safe and comfortable environment where speaking about your experiences could unburden you or possibly help others with their depression.

What: Half-day workshop

When: Wednesday 27th March 1:30pm - 4:30pm

Where: The Ortus Centre

Understanding Hoarding

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 (e.g. not enough space to sleep in a bedroom or to cook in a kitchen). Clutter may build up in people's home 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. Individuals with hoarding disorder find parting with possessions very distressing and usually avoid letting items go as a result of this distress. People with hoarding problems often find it difficult to make decisions which can also lead to avoiding sorting through possessions, or making a decision about whether an item should stay or go.

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.

What: One-day workshop

When: Wednesday 3rd April 10:00am - 4:00pm

Where: Thames Reach Employment Academy

Managing Your Mood

This workshop provides an introduction to behavioural activation for depression and the principles of a compassionate mind for self-criticism/ rumination.

We will provide an evolutionary and developmental understanding of how our minds work and interplay the drive system, the threat system and compassionate system in the old brain.

We will describe the principle of activation and following one values in life despite feeling low.

The course has been designed in collaboration with staff from the Centre for Anxiety Disorders and Trauma (CADAT).

What: One-day workshop

When: TBC

Where: Thames Reach Employment Academy

Managing Long-Term Physical Health Conditions

Southwark Wellbeing Hub has partnered with Southwark Talking Therapies Service to offer the following 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 22nd January to 9th April, 10.30am - 12:00pm

Where: Thames Reach Employment Academy

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: Fridays 1st February to 29th March, 3:00pm - 5.15pm

Where: Thames Reach Employment Academy

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

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

KNOW YOUR RIGHTS AND HOW TO EXPRESS THEM!

Are you having problems with:

- **Jobcentre Plus/DWP • Universal Credit • Sanctions**
- **ESA/JSA • Work Capability Assessments**
- **Claimant Commitment**
- **Health and Work Conversation**
- **Work and Health Programme?**

You are not alone!

- ***WHAT: 2-hour sessions***
- ***WHEN: Tuesdays, 29th January – 2nd April 2:00pm to 4:00pm***
- ***WHERE: Big Local Works, 4 Market Place (The Blue), Southwark Park Road, London SE16 3UQ***

These sessions are designed to equip claimants with the basic knowledge, support and confidence they need to help themselves and each other with welfare benefits issues through group work and sharing experiences.

Come along and get free training, advice and discussion on issues that matter to you!

Opportunities for Young People Entering the Work Place



The Spear programme works with unemployed 16-24 year olds from disadvantaged backgrounds to change their mind set and give them the skills they need to succeed in the workplace. It is a free, interactive programme with an initial 6 weeks of coaching followed by 12 months of support.

75% of those who complete Spear not only get into work but remain there a year later.

What: Group sessions, Monday – Friday, 2pm to 5pm (6 weeks)

Programme start dates: Tuesday 15th January & Tuesday 5th March 2019

Where: Spear Kennington, St Marks Church, 337 Kennington Park Rd, SE11 4PW

This programme is suitable for young people who:

- Are aged 16-24
- Comfortable working in a group
- Are not currently in education, training or employment
- Do not have a degree



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: 1 hour group sessions

When: Wednesdays 3:00pm - 4:00pm from 9th January – 3rd April
(excluding 20th February)

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 12:00pm - 3:00pm

Where: InSpire Café

This group is a long running weekly group that meet to socialise and then read together; 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.

Creative Writing for Beginners

Wordsmiths
WRITING FOR WELLBEING

Just as we each learn in different ways, there are many forms of expressing ourselves. For some people, writing is a very private medium, and for some it is empowering to share their words with others. Creative writing is a very individual process and can help you to explore your experiences and emotions whilst building self-confidence. These workshops are suitable for beginners and open to anyone interested in having the opportunity to create something unique and personal.

What: 4 Week Course

When: Thursdays 7, 14, 21, 28th February, 2:00pm - 4:00pm

Where: Southwark Wellbeing Hub

Wordsmiths Writing Café

The Wordsmiths writing cafe is a monthly meetup where anybody interested in writing is welcome to relax, socialise and explore their creativity! There is absolutely no previous writing experience needed to join in as each session is guided by a tutor and offers a variety of competitions and prompts to get you started.

What: Monthly Writing Sessions

When: Wednesdays 27th February, 27th March, 24th April 2:00pm - 4:00pm

Where: Peckham Levels: The Auditorium

Information Sharing Sessions

These monthly sessions are an opportunity for professionals to share information and updates about their service with each other and Southwark residents. There is lots of opportunity to network and some sessions are structured round a theme. We welcome speakers and presentations from organisations wanting to showcase their service, new learning or best practice.



What: 1.5 hour workshop

When: 3:00pm – 4:30pm Fridays: January 25th, February 22nd, March 29th, April 26th

Where: Pembroke House

Hearing Voices Group

This is a supportive and social space for Southwark residents who hear voices and/or experience visions. The sessions are an opportunity to share your own experience, support others, find new ways of coping and improve wellbeing.

What: 1 hour workshop

When: Every third Thursday of the month, 3:00pm – 4:00pm

Where: Time & Talents Centre

Carers' Group

Being a carer can be so rewarding but also a very challenging and isolating role for us. This is an open group for people with any level of caring responsibility for someone with mental health needs; if you're providing emotional support, doing household chores, helping with medication, or giving personal and physical care to another person. In this group you'll have the opportunity to:

- Talk honestly in a non-judgemental space with other carers and a mental health professional about your experience of being a carer, with others who will understand.
- Find out what support is available for you as a carer, and what support is available to help you with your caring responsibilities.
- Exchange or learn self-care tips and strategies for staying well as a carer.

What: 2 hour workshop

When: Once a month, starting February, dates TBC

Where: Southwark Wellbeing Hub

Gym Group

This is a supportive group that meet on an informal basis to go to the gym together support each other informally to live a healthier lifestyle. We meet in the café at The Castle Gym and go up to the gym together. Please contact: Sumaya-fenton@together-uk.org;

What: 1 hour gym session with time after to chat

When: From Friday 14th February 10.30am - 12:00pm

Where: The Castle Leisure Centre

Cooking Club

Do you want to learn new recipes or share your favourite dish with others?

We're looking for people who want to find their passion for the kitchen again.

If you're pans and pots are gathering dust why not bring them along to our cooking club, together we can decide on a recipe and then each of us bring along something to prepare the dish. Food tastes better when it's shared!

To find out more contact Sumaya-fenton@together-uk.org



Workshop Locations

Southwark Wellbeing Hub

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

Buses: 12, 36 171, 345, 436 (Vestry Road Stop) 40, 176, 68 (Camberwell Green)

Nearest train/tube station: Peckham Rye or Denmark Hill

InSpire Café

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

Buses: 12, 171, 35, 45, 148

Nearest train/tube station: Elephant and Castle or Denmark Hill

Pembroke House

80 Tatum Street, London, SE17 1QR

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

Nearest train/tube station: Elephant and Castle or Denmark Hill

Sporting Recovery

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

Buses: 63, 363, 136, 343

Nearest train/tube station: Elephant and Castle or Denmark Hill

Peckham Levels

Peckham Town Centre Carpark, 95A Rye Lane, London, SE15 4ST

Bus: 12, 36, 136, 171, 343, 345, 436, N89, N136, N171, N343

Nearest train/tube station: Peckham Rye

Time & Talents Centre

The Old Mortuary, St. Marychurch Street, London SE16 4JE

Bus: 381, C10, N381

Nearest train/tube station: Rotherhithe /Canada Water

Big Local Works

4 Market Place (the Blue), Southwark Park Road, Bermondsey, London SE16 3UQ

Buses: 1, 381, N381, P12

Drop In and Pop Up Locations

If you're looking for more support with your wellbeing, and with issues affecting your wellbeing, come and speak to us at these locations. You don't need to book an appointment in advance, our Your Way Workers can give advice and signpost you to a range of services.

Southwark Wellbeing Hub

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

Mondays, Wednesdays and Fridays, 1pm – 4pm (6 x 30min face-to-face appointments available on a first come first serve basis on these days)

Dragon Café

Dragon Café is across the street from Borough tube station, and based inside St George the Martyr's church, in their crypt, Borough High St, SE1 1JA

Mondays 2pm – 4pm

Buses: 35, 40, 133, 343, C10 (Borough stop)

Pembroke House:

80 Tatum Street, London SE17 1QR

Every other Tuesday 11am – 1pm

Train/Tube: Elephant and Castle

Bus: 42(Congreve St stop) 21, 53, 63, 168, 172, 363, 453 (Old Kent Road East St stop)

South Bank University

103 Borough Road, London SE1 0AA

Every second and fourth Tuesday of the Month, 12pm- 2pm

Train/Tube: Elephant and Castle

Bus: 45, 63 388, N63, N89 (St George's Circus) 344 (Borough Road) 155, 360, C10, N155 (Elephant and Castle London Rd) 35, 40, 133, 343, N343 (Inner London Crown Court)

Time & Talents Centre

Every Thursday 3pm – 5pm

The Old Mortuary, St. Marychurch Street, London SE16 4JE

Train/Tube: Rotherhithe /Canada Water Bus: 381, C10, N381

Blackfriars Settlement

1 Rushworth Street, London SE1 0RB

The 1st Thursday of each month at 10am – 12pm

Tube: Southwark: Bus: 35, 40, 133, 343, C10 (Southwark Street); 45, 63, 100 (Pocock Street); 344 (Great Suffolk Street); 381, RV1 (Lavington Street)

This Pop Up is run in conjunction with Blackfriars Settlement and Three Cs' Well Connected programme.

Nunhead Surgery

58 Nunhead Grove, London SE15 3LY

Train: Nunhead

Bus: 78, P12 (Nunhead Green stop)

When you first arrive at the Nunhead Surgery, ask at reception. This Pop Up can be used by patients of Nunhead Surgery – please contact the surgery to book an appointment.

Thursdays at 2pm – 5pm (closed on the third Thursday of each month)

Inspire Café

The Crypt at St Peters, Liverpool Grove, London SE17 2HH

Tube: Kennington

Bus: 12, 35, 45, 148, 171 (Westmoreland Road stop)

Fridays at 12pm – 3pm

Southwark Wellbeing Hub Contact Details

For enquiries, and to book workshops:

Call: 020 3751 9684

Text: 'HUB1' and your query to 82727

Email: southwarkhub@together-uk.org

Visit: www.southwarkhub.together-uk.org