SOUTHWARK WELLBEING HUB

together FOR MENTAL WELLBEING

Wellbeing workshops

May – August 2019



Hello!

Welcome to our Summer Programme of workshops and group activities.

This term offers new opportunities to meet people, enjoy a hobby or learn something new about yourself and your mental health. Anyone living in Southwark or with a GP in Southwark can take part - you don't need to be referred and you don't need to have a diagnosis.

If you find a workshop or group you'd like to try you can get in touch with us to find out more or to book a place. We're also looking for volunteers to help with this term's programme so if you have an interest in mental health or any of the activities in the brochure then we'd like to hear from you!

You can contact us at:

southwrkhub@together-uk.org *T: 0203 751 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: Tuesday 28th May 10:00am-4:00pm
Where: Ortus Learning Centre

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: Wednesday 10th July 1:30pm-4:30pm
Where: The Ortus Centre

Staying Well & Making Plans: managing the ups and downs

For many people it can feel as if their mental health difficulties are completely beyond their control. Treatment and support from mental health professionals can be helpful but every person with mental health problems can become an expert in their own self-management. Along with mental health difficulties, things like divorce, death of a loved one, losing your job and serious physical illness can affect anyone. Whatever challenges you face, recovery involves finding the personal resourcefulness and resilience to take back control over your life and what happens to you.

This two-week course aims to support people to develop and use personal recovery plans that focus on what keeps you well, how to manage the ups and downs, how to cope in a crisis and what gets you back on track.

This course is for anyone who wishes to learn about planning for a life beyond services.

What: Two week course, one-day workshop each week
When: Tuesday 18th & 25th June 10:00am-4:00pm
Where: The Ortus Centre

Introduction to Mindfulness: a taster session

Please note: attending this course is strongly recommended for students considering enrolling for the following term's five-week ‘The Mindful Way to Wellbeing’ course.

The aim of this interactive session is to provide an introduction to the principles and practice of mindfulness. The session includes three short, seated meditations.

What: Two hour workshop
When: Tuesday 9th July 2:00am-4:00pm
Where: The Ortus Centre

The Mindful Way to Wellbeing

Please note: this is a highly popular course and priority will be given to students who have previously attended the introductory 'Introduction to Mindfulness workshop.

This interactive, five-week course gives students an opportunity to learn about mindfulness and begin to develop a personal practice aimed at enhancing wellbeing. Practicing mindfulness enables us to be in the present moment more of the time which can help us notice unhelpful habits of thinking and behaviour and, with practice, respond to difficulty with greater skill.

During each session students learn through taking part in guided meditations and exploring together the experience of doing so through group discussion. Students are encouraged to use guided meditations to practice at home between classes.

You must be able to attend each of the five sessions.

What: 5 week course
When: Tuesday 16th 23rd 30th July 6th & 13th August 2:00pm-4:00pm
Where: The Ortus Centre

Confidence in Social Situations

This course will offer you the opportunity to identify situations in your own life where you would like to be more confident. You will then be able to explore and consider ways of managing challenging social situations in a warm and supportive environment.

Topics covered will include understanding confidence, how our behaviour and thinking can affect confidence, the role of body language, and practical strategies to be confident in social situations. This course doesn't involve role play unless students want it to. It instead focuses on self-awareness and group discussion to build up confidence and share experiences to feel less isolated. By the end of the first session, students will be able to set a personal goal around increasing their confidence.

The second workshop will conclude with a group visit to the Dragon Cafe.

What: One-day workshop followed by a half-day workshop
When: Monday 15th July 10:00am-4:00pm and Monday 22nd July 12:30-5:00pm
Where: Ortus Learning Centre

Mental Health: Disclosure and Your Rights at Work

The aim of this workshop is to help participants to gain a better understanding of their rights when deciding to make disclosures about their own 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.

What: 1 day workshop
When: Thursday 15th August, 10:00am - 3:00pm
Where: Ortus Learning Centre

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: A weekly rolling group, 2 hour sessions
When: Tuesdays from the 7th May to 30th July, 10.30am - 12:30pm
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: A weekly rolling group, 2 hour sessions
When: Fridays from the 5th July to 6th September (excluding 16th August) 3:00pm – 5:00pm
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
A voice for London's unemployed

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, starting 7th May – 9th July 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

RESURGO SPEAR inspiring employment

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 7th May 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

SPORTING RECOVERY exercise for mental wellness

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: Weekly sessions, 1 hour
When: Every Wednesday starting on the 24th April - 17th July (excluding the 29th May)
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: A weekly rolling group
When: Every Friday 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 are 4 individual workshops that are suitable for beginners and open to anyone interested in having the opportunity to create something unique and personal.

What: 2 hour workshop, every week over 4 weeks
When: Starting the 29th May to 19th June, 2:00pm – 4:00pm
Where: Southwark Wellbeing Hub

Wordsmiths Writing Corner

The Wordsmiths Writing Corner is a monthly meetup for anyone interested in writing to 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 prompts to get you started.

What: 2 hour workshop, every month
When: The last Wednesday of the month, 2:00pm - 4:00pm
Where: Peckham Levels, Level 5/6: 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's lots of opportunity to network and some sessions are structured round a theme. We encourage speakers and presentations from charity organisations and public services wanting to showcase their service, new learning or best practice.

What: Monthly sessions, 1.5 hours
When: Friday 31st May, 28th June 26th July, & 30th August, 3:00pm – 4:30pm
Where: Pembroke House

Hearing Voices Group

This is a service user led group for Southwark residents who hear voices and/or experience visions. The sessions are an opportunity to share your own experience, support others, socialise, 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

The aim of this group is to be a safe space to discuss issues affecting carers in today's world and support (both peer and professional) will be offered in a group setting.
To attend this group you will need to currently care for a loved one/friend/family member with a mental health condition and be in need of support, a listening ear or a shoulder to cry on.
Please feel free to come along and meet us, there will be no pressure to tell us your life story in the first instance, you can just listen and get to know the group, if that would make you feel more comfortable. The aim of this group is to support you both emotionally and practically.
You don't need to have had a Carer Assessment to attend, or feel like you need one, but there is opportunity to discuss what the Carer Assessment is and how it can support you.

What: Monthly group, 2 hour sessions
When: Tuesday on the 28th May, 18th June, 30th July and 27th August 1:30-3:30pm
Where: Southwark Wellbeing Hub

Cooking Club

Do you want to learn new recipes or share your favourite dish with others? If you're pots and pans are gathering dust why not bring them along to our cooking club. Each month we plan a new recipe and work out between us who will bring what. Recipe suggestion are always welcome! Please be aware we will agree and split any costs as a group each month. Because we're a small group please contact Sumaya-fenton@together-uk.org to register your interest.

What: One planning session followed by a practical session the week after
When: May 22nd & 29th, June 19th & 26th, July 17th & 24th, August 21st & 28th, 1:30-3:30pm
Where: The first session of the month is held at the Southwark Wellbeing Hub, the following week we'll use the kitchen at The Green Community Centre, Nunhead.

Workshop Locations

Southwark Wellbeing Hub/Thames Reach Employment Academy
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

The Green
The Green, Nunhead Community Centre, 5 Nunhead Green, Nunhead, London SE15 3QQ

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)

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 conjuction 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)

Southwark Wellbeing Hub Contact Details

For enquiries, and to book workshops:
Call: 020 3751 9684
Email: southwarkhub@together-uk.org
Visit: www.southwarkhub.together-uk.org