



Darlington Course Prospectus 2017

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Self-Help and Personal Development Courses

Darlington Mind offers a range of self-help and personal development courses. These courses aim to help you to develop a personal tool kit of skills, to improve and maintain your mental wellbeing, improve your ability to cope with difficult life events and enable you to be more flexible in your approach to the different challenges in life.

- Improved mental wellbeing
- Greater understanding and control over health and mental wellbeing
- Improved social connections
- Access to stronger social networks and lasting social ties

These courses develop the coping strategies and emotional resilience of the attendees through training programmes delivered by a well-trained individual. The skills that these courses develop include:

- The ability to prioritise life and work needs and goals
- Increase in confidence, self-esteem and positive promotion of self
- The ability to recognise non-resilient thinking patterns which can lead to counter-productive feelings and behaviours
- Improve communication and relationships with others
- Awareness of and ability to articulate the knowledge and skills gained
- Increased motivation levels and desire to take action
- Understanding of the connections between eating well and being at your best
- More control over direction of life
- Learning to be calm and focused

Comments and Testimonials

"It's changing my life"

"The course has provided me with a lot of tools I can use to take my life forward"

"I enjoyed the group interaction and some of the techniques are very useful going forward for me. Overall an excellent well-constructed course"

"Everyone is very understanding and non-judgemental and I feel safe and happy when I am there"

"Definitely helped my mental wellbeing ..."

Anger Management

What is Anger?

Anger is a feeling which every individual will feel and is entitled to feel within their lifetime. There is no concern with feeling angry but often the issue comes when the anger is expressed in a way which causes offence or hurt to others. It is important to note that Anger is a feeling and is often confused with Aggression which is the expression of that feeling.

What are the benefits of Anger Management?

Anger Management is not designed to make your feelings of anger go away. More importantly it is designed to help you control your feelings, understand where they come from and provides techniques to help you express your feelings in a non-aggressive way. Anger Management will enable you to not only understand your personal triggers for anger but also enable you to communicate this to others through the use of Assertive communication.

Is Anger Management for me?

As noted above, anger is a normal and often justified feeling for an individual to have. When your anger begins to affect other aspects of your life such as your health, your ability to work and/or starts to become a problem for people around you, this is when you need to take action.

Important notes about Anger Management

At Darlington Mind we commit to a level of understanding around individuals' needs and rights to express their thoughts, feelings and opinions. We understand that due to the nature of this course, there is likely to be high levels of anger and frustration amongst the individuals attending this course. However, at no time will any form of aggression toward other group members or group facilitators be accepted. Such behaviour will result in individuals being asked to leave the group.

What will we look at on this course?

During this course we will look at;

- What is anger?
- How do we experience anger?
- Controlling anger
- Challenging unhelpful thoughts
- Passive, Aggressive and Assertive behaviour
- The costs of aggression
- Problem solving

How do I book a place?

Our Anger Management course is only available to Darlington residents and via referral from your GP. Please speak to your GP if you wish to attend one of our Anger Management courses. We also offer 1-2-1 Anger Management support within this service if this is something you would prefer.

How much does it cost?

Our Anger Management service is funded by Darlington Clinical Commissioning Group and therefore is free to access.

Anxiety

What is Anxiety?

Anxiety is a term to diagnose a person or to describe the symptoms a person is experiencing which can include (but are not limited to);

- feeling uptight, irritable, wound up, tense or nervous
- physical symptoms including increased heart rate, tension, sweating and breathlessness
- worrying often and/or for long periods of time

Anxiety can be a general occurrence for an individual or linked to specific situations e.g. anxiety in social situations.

What are the benefits of learning about Anxiety?

Anxiety often causes us to avoid situations which make us feel anxious and this prevents us from living our life to the full. By learning about Anxiety and how to challenge it we can open the door to experiences we previously thought unreachable.

Is the Anxiety course for me?

If you have a formal diagnosis of Anxiety or if you are experiencing the symptoms of anxiety which are mentioned above then the Anxiety course might be beneficial for you.

Important notes about the Anxiety Course

The Anxiety course at Darlington Mind is not meant as a “cure” for Anxiety however will provide you with the tools you need to better manage your mood and live a more fulfilled life.

What will we look at on this course?

During this course we will look at;

- What is Anxiety?
- Signs, symptoms, causes and effects of Anxiety
- Anxiety reduction techniques including;
 - Challenging negative thoughts
 - Problem solving
 - Distraction
 - Relaxation

How long will this course last? and How much does it cost?

The course consists of two half day workshops at a cost £50 per person

When does the course run?

Wednesday 14th June & Wednesday 21st June – both sessions are 1.00pm-4.00pm

Tuesday 3rd October & Tuesday 10th October – both sessions are 9.30am-12.30pm

Assertiveness

What is Assertiveness?

Assertiveness is a method of communication used by individuals who want to express their thoughts, feelings and beliefs in a way that meets their needs whilst also respecting the thoughts, feelings and needs of others. Assertiveness is about expressing opinion, asking for what you want and saying “No” without guilt. A lack of Assertiveness can often go hand-in-hand with low levels of confidence and self-esteem.

What are the benefits of Assertiveness?

Assertiveness allows us to meet our needs in a way that respects our individual rights but also respects those of others. It allows us control over how we interact with others and how others interact with us. It prevents us from feeling “walked over” by others or resentful that our needs are not being met. It can reduce our fear of being criticised by others.

Is Assertiveness for me?

Assertiveness is considered to be an interpersonal skill which will benefit any individual in any walk of life. If you can relate to feeling;

- resentful towards others when your needs aren't met
- “pushed around” or “walked over”
- unable to express your feelings due to fears of criticism, or
- feelings of guilt or blame about how you have handled a situation

then Assertiveness may be for you.

Important notes about Assertiveness

Assertiveness can be mistaken for Aggression however the two communication methods differ in that Assertive communication takes into account the needs and rights of others whilst Aggressive communication does not.

What will we look at on this course?

During this course we will look at;

- Passive, aggressive and passive-aggressive behaviour
- Misconceptions about Assertiveness
- Assertiveness techniques including
 - Using “I” statements
 - Broken record technique
 - Fogging
 - Positive and negative enquiries

How long will this course last? and How much does it cost?

The course consists of two half day workshops at a cost £50 per person

When does the course run?

Tuesday 20th June & Tuesday 27th June – both sessions are 9.30am-12.30pm

Wednesday 23rd August & Wednesday 6th September – both sessions are 1.00pm-4.00pm

Building Confidence & Self Esteem

What is Confidence?

Confidence is a feeling of capability. It is the feeling we have once we have accepted ourselves, both in body and mind, and have belief on our abilities and knowledge. We may feel more confident in some situations than we do in others. Low confidence often stems from fear of the unknown, unpreparedness, perceived or actual failure and receiving criticism (from others or self-criticism).

What is Self Esteem?

Self esteem is the value we place on how much we feel we are worth. Our happiness with certain aspects of ourselves such as our appearance, abilities, knowledge etc. adds up to our overall level of self esteem. If we feel unhappy with many aspects of ourselves, we are likely to have low self esteem. Having a low self esteem is often linked to being low in confidence however this is not always the case.

What are the benefits of Building Confidence & Self Esteem?

Confidence and self esteem are not a set of skills or rules which you can learn but are reflections of your state of mind. By exploring how you feel about yourself, the reasons why you feel this way and ways to challenge these thoughts, you can begin to view yourself in a different way and improve your confidence and self esteem.

Is Building Confidence & Self Esteem for me?

If you find yourself lacking trust in your own abilities and decision making skills, if you can relate to using words like “useless”, “worthless” and “failure” when describing yourself or if you are unhappy with aspects of who you are then Building Confidence & Self Esteem may be for you.

What will we look at on this course?

During this course we will look at;

- What is confidence & self esteem?
- The impact of low confidence & self esteem
- Challenging negative thoughts
- Feel good activities
- Practical tips to build confidence

How long will this course last? and How much does it cost?

The course consists of two half day workshops at a cost £50 per person

When does the course run?

Tuesday 8th August & Tuesday 15th August – both sessions are 9.30am-12.30pm

Wednesday 13th September & Wednesday 20th September – both sessions are 1.00pm-4.00pm

Depression

What is Depression?

Depression is a term used to diagnose a person or to describe the symptoms a person is experiencing which can include (but are not limited to);

- continuous low mood / sadness / melancholy
- little or no interest in doing things
- feeling hopeless or helpless
- feeling irritable and intolerant of others / moodiness
- difficulty in making decisions
- getting no enjoyment out of life

Depression is a definable medical condition which can be diagnosed however many people living with depression do so without any diagnosis, medical intervention or treatment.

What are the benefits of learning about Depression?

By learning about Depression; the signs and symptoms, the causes and the effects of living with this condition, you can gain more control over how you let Depression affect you. By learning new tools and skills to manage your mood, you can take action when you recognise the Depression taking a hold and prevent Depression from taking control of you.

Is the Depression course for me?

If you have a formal diagnosis of Depression or if you are experiencing the symptoms of depression which are mentioned above then the Depression course might be beneficial for you.

Important notes about the Depression course

The Depression course at Darlington Mind is not meant as a “cure” for Depression however will provide you with the tools you need to better manage your mood and live a more fulfilled life.

What will we look at on this course?

During this course we will look at;

- What is Depression?
- Signs, symptoms, causes & effects of Depression
- Challenging negative thoughts
- Lifestyle changes
- Goal planning

How long will this course last? and How much does it cost?

The course consists of two half day workshops at a cost £50 per person

When does the course run?

Tuesday 22nd August & Tuesday 29th August – both sessions are 9.30am-12.30pm

Wednesday 4th October & Wednesday 11th October – both sessions are 1.00pm-4.00pm

Mindfulness

What is Mindfulness?

Mindfulness is a learned technique which uses both body and mind to increase awareness of our thoughts and feelings so that we can better manage them. It uses relaxation, meditation and concepts of “living in the present moment” to equip us with knowledge about what we are thinking and how we are feeling so that we become less overwhelmed.

What are the benefits of Mindfulness?

Mindfulness allows us to focus upon the present moment rather than concerning ourselves with what has happened in the past or what may happen in the future. It allows us to experience our thoughts and feelings without placing judgement upon them. It also allows our brain time to “rest and recharge”, enabling us to cope with chaotic lives and day-to-day stresses.

Is Mindfulness for me?

Mindfulness has been used as a therapeutic technique with people suffering stress, anxiety, depression and addictive behaviours and has been proven to be useful in all cases. Mindfulness can be used to cope with negative experiences, enabling us to be observers of our experiences and allowing us to be more accepting of them.

Important notes about Mindfulness

Mindfulness is not a quick fix. Regular practice is required to fully gain the benefit of this technique.

It is also important to note that while some methods of mindfulness, such as meditation, has links to Buddhist and eastern philosophies, the general concept of Mindfulness is non-secular and can be practiced by anyone.

What will we look at on this course?

We offer an Introduction to Mindfulness course which looks at;

- The fundamentals of Mindfulness
- The science of Mindfulness
- The benefits of Mindfulness
- Mindfulness techniques, practices and exercises

Attendees of the Introduction to Mindfulness course can then go on to attend Advanced Mindfulness with us

How long will this course last? and How much does it cost?

Both the Introduction to Mindfulness course and the Advanced Mindfulness courses consist of four two-hour sessions at a cost of £80 per person.

When does the course run?

Introduction to Mindfulness: 5th June, 12th June, 19th June and 26th June – all sessions are 10.00am-12noon

Advanced Mindfulness: 17th July, 24th July, 31st July and 7th August – all sessions are 10.00am-12noon

Resilience

What is Emotional Resilience?

Resilience is our ability to successfully adapt when we are faced with stressful events. Being resilient is not about avoiding these events but how we work through painful emotions and the meaning we put on the experiences we have. Some definitions describe resilience as the ability to “bounce back” from adversity.

What are the benefits of Emotional Resilience?

Resilience skills are a set of thinking and self-management skills that develop throughout our lives. The good news is that the set of flexible thoughts, behaviours and emotional responses that make up resilience skills can be learned and developed. This course aims to help you build these skills and improve your overall mental wellbeing.

Is Emotional Resilience for me?

Anyone can benefit from the overview of Emotional Resilience which is provided in this course. You do not have to be diagnosed with or identify yourself as having a mental health condition or difficulty to benefit from improved awareness of your emotional wellbeing.

Important notes about Emotional Resilience

To ensure continued Emotional Resilience, the skills you will learn in this course must be practised regularly. It is also important to note that this course is meant as an overview to some subjects such as Confidence and Self Esteem, Mindfulness and Thinking Styles. More in-depth courses on these subjects are available at Darlington Mind.

What will we look at on this course?

During this course we will look at;

- Confidence and self esteem
- Thinking styles
- Stress
- External influences
- Goal planning
- Coping strategies

How long will this course last? and How much does it cost?

The course consists of two half day workshops at a cost £50 per person

When does the course run?

Tuesday 4th July & Tuesday 11th July – both sessions are 9.30am-12.30pm

Wednesday 1st November & Wednesday 8th November – both sessions are 1.00pm-4.00pm

Sleep

What is Sleep?

Sleep is a period of time which our bodies require to recharge and be able to operate at its optimal level. Often sleep problems can be the cause or effect of other mental health difficulties.

What are the benefits of learning about Sleep?

Sometimes we take for granted that we will be able to sleep and that our body will control this without any conscious effort. Unfortunately there are a lot of factors which can influence the quality of our sleep and by managing some of these factors we can improve our sleep. This can help us manage other mental health difficulties we might be having as a consequence of bad sleep.

Is the Sleep course for me?

If you can relate to having difficulties concerning sleep including;

- inability to fall asleep
- inability to stay asleep
- sleeping too much or too little
- disturbed sleep

then the Sleep course maybe for you.

Important notes about the Sleep course

This course is focused upon the mental and emotional causes of sleep problems. Sleep may also be affected by physical health conditions which are not addressed in this course however the course may still be of benefit to you.

What will we look at on this course?

During this course we will look at;

- Facts about sleep
- Causes of sleep problems
- Dangers associated with poor sleep
- Tips and techniques for improving sleep

How long will this course last? and How much does it cost?

The course consists of two half day workshops at a cost £50 per person

When does the course run?

Tuesday 25th July & Tuesday 1st August – both sessions are 9.30am-12.30pm

Wednesday 15th November & Wednesday 22nd November – both sessions are 1.00pm-4.00pm

Stress Management

What is Stress?

Stress is not a mental health condition in itself but often the symptom or a contributing factor towards some mental health conditions. Stress is caused by pressure or demands put upon us either internally (i.e. from our own expectations) or externally (i.e. from others). Stress is a normal part of day-to-day living but when the stress becomes unmanageable, it manifests in psychological, physical and behavioural ways and this is when we need to take action.

What are the benefits of Stress Management?

Stress management skills allow us to better cope with the demands placed upon us. It enables us to feel resilient against what life has to throw at us, to cope with unexpected and stressful events as well as the ability to cope with everyday living.

Is Stress Management for me?

Most of us can probably relate to feeling “stressed” at some point in our lives. Better stress management can be of use for everyone however may be specifically beneficial for you if;

- you are struggling to meet the demands of day-to-day living
- you are feeling overwhelmed or under pressure or,
- your stress levels are leading to low mood, depression and/or anxiety

Important notes about Stress

It is normal to feel “stressed” at points during your life. However if your stress is effecting other aspects of your life such as your ability to work or ability to cope with general demands of day-to-day living such as paying bills, maintaining a tenancy, looking after your health or your relationships with others, then you may be in need of some extra support around managing stress.

What will we look at on this course?

During this course we will look at;

- Signs and symptoms of stress
- Causes of stress
- Identifying personal triggers for stress
- Stress management techniques including;
 - Challenging unhelpful thinking styles
 - Problem solving
 - Relaxation
 - Lifestyle changes

How long will this course last? and How much does it cost?

The course consists of two half day workshops at a cost £50 per person

When does the course run?

Tuesday 19th September & Tuesday 26th September – both sessions are 9.30am-12.30pm

Wednesday 6th December & Wednesday 13th December – both sessions are 1.00pm-4.00pm

Mental Health Awareness and Corporate Training



Mental Health Awareness

What is Mental Health Awareness?

Mental Health Awareness will provide individuals with a basic understanding of mental health. Attendees can expect to gain knowledge of common mental health conditions, including the signs and symptoms of these. They will look at case studies and discuss how they might respond to certain situations. They will receive knowledge of how they can support people with their mental health, and how and where they might signpost to for additional support. Attendees will receive a booklet which they can take away and refer to at a later date.

What are the benefits of Mental Health Awareness?

The benefits that employers can enjoy from taking on board the knowledge gained during this course include;

- Reduction in staff sickness/absence
- Improved staff retention
- A healthier and more resilient workplace
- Improved morale of staff
- Improved customer service
- Improved staff commitment

Is the Mental Health Awareness course for me?

This course is suitable for those with little to no knowledge of mental health.

Important notes about Mental Health Awareness

This course will not enable you to diagnose or treat people with mental health conditions however will give you the skills to support them to access the professional help they need.

What will we look at on this course?

During this course we will look at;

- Gain an awareness of Mental Health; what it is and how it relates to you as an individual
- Gain knowledge of some common mental health conditions, their symptoms and effects
- Learn how you can support others with their mental health

How long will this course last? and How much does it cost?

The course consists of one half day workshop at a cost £30 per person

When does the course run?

Wednesday 7th June 1.00pm-4.00pm

Wednesday 5th July 1.00pm-4.00pm

Wednesday 27th September 9.30am-12.30pm

Wednesday 29th November 9.30am-12.30pm

Bespoke Training

As well as our Mental Health Awareness training we can also design, develop and deliver bespoke training packages to suit your needs.

This training can be delivered within your setting or we can deliver it at our premises on Borough Road. We can also provide refreshments and/or lunch as required for your individual needs, served by our Mood Food Café.

Training packages can vary from the less-intense one-hour introductory sessions, a three-hour workshop or one of our more in-depth full-day sessions.

Examples of bespoke training we have developed previously include...

- Mental Health Awareness and Resilience for Students
- Mental Health Awareness for Managers
- Mental Health Awareness for Employees
- Resilience in the Workplace
- Five Ways to Wellbeing in the Workplace

We would meet with you to discuss your organisational training needs and work with you to develop a bespoke training package for a competitive fee.

So, to find a training solution that works for you and your organisation, please contact us using the information overleaf.

How do I book a place?

Once you have chosen the course or courses you are interested in, find out when the next one is taking place and enrol by calling us on 01325 283 169.

Or, you can book a place on our website at www.darlingtonmind.com

Alternatively, you can visit us between the hours of 9am and 5pm at St Hilda's House, 11 Borough Road, Darlington, DL1 1SQ and our Reception staff will be happy to assist you.

How much does it cost?

Darlington Mind is a non-for-profit charitable organisation. We have to charge for the courses we deliver because we do not get funding from any other source to do this. Our charges cover the costs associated with delivering the course and the materials provided to you as students.

If you are in receipt of a personal budget, you can ask that our courses be a part of your personal development and support plan. In this instance, we would charge our standard hourly rate of £11.93 for your attendance.

Where are you?



Darlington Mind is situated near the Darlington Hippodrome on Parkgate in Darlington and is within easy reach of the Railway Station.

Limited free parking is available on Borough Road or the adjacent residential streets. Chargeable parking is available in St. Hilda's Car Park on the corner of Parkgate.

Copies of this document are available electronically, in larger print or in other accessible formats by request.