



Course Prospectus

March 2019 – June 2019

About us

Our students are people with lived experience of challenges to their mental wellbeing, their family and friends, and the professionals who work alongside them.

Our tutors bring a broad range of expertise and experience to the courses they deliver: an understanding of self-management values and principles, specialist knowledge, teaching or training experience, experience of working in the field of mental health, together with relevant lived experience of mental health issues. These are all vital ingredients in the production and delivery of all our courses.

Our approach is educational, informed by the values and principles of self-management and personal strengths that aim to instil hope, opportunity and control. We do not take referrals and our students do not have to be using mental health services to access any of our courses.

51 Totnes Road,
Paignton,
Devon, TQ4 5LE
(01803) 557801

March



Developing Self-Management Strategies for Self-Harm (DRLC)

This 6 week course is for people who currently or have in the past self-harmed, and would like to understand the behaviours and what alternatives it might be helpful to try.

Thursdays 11:00-1:00pm 14th, 21st, 28th March, 4th, 11th and 18th April
Laura Smith and Ginny Smalley

Introduction to Mindfulness Practice and Taking It Forward (Daybreak)

This course offers an introduction to Mindfulness approaches, to help people acquire greater freedom to face physical pain, stress and challenging emotions such as anxiety, depression and fear. Mindfulness allows us to grow in our awareness of our thoughts and feelings, and to be with our immediate experiences in an attitude of kindness and compassion. This course will involve sitting practices, movement and creativity.

Thursdays 2:00-4:00pm 14th, 21st, 28th March, 4th, 11th, 18th, 25th April
Eley Hughes and Ginny Smalley

Self-Esteem and Assertiveness (DRLC)

This 6-week course will give participants an opportunity to discover why we may lack confidence and self-esteem, what we can do about it, and to practise the skills that help us become more assertive. By the end of the course participants should be able to recognise and change negative thinking patterns that hinder us in our daily lives. When we learn to live and work with confidence and acquire the skills to be assertive, we can help turn our lives around.

Thursdays 2:00pm – 4:00pm 7th, 14th, 21st, 28th March, 4th and 11th April
Vicky Jimenez and Darren Little

April



Loss and Grief (Daybreak)

Bereavement and loss is not only about someone dying, it can be the loss of a job / retirement, the loss of mobility, the loss of money. This course covers the overall effects of loss and the impact loss can have on our emotions and how we can start to move forward.

Tuesdays 2:00-4:00pm 23rd, 30th April, 7th, 14th, 21st and 28th May
Jane Eastwood and Eley Hughes

Developing Self-Management Strategies for Anxiety (DRLC)

This 6-week course aims to provide information, practical tools and techniques to support people in overcoming anxiety, to encourage people to develop tools for self-management and to find more positive ways to manage their lives by increasing understanding and confidence. By the end of the course learners will have a better understanding of the physical feelings of anxiety, what might increase these feelings and keep us feeling anxious. We will explore what self-management tools we already have can learn and can use; we will have the opportunity to practise new skills and build on existing ones initially in a safe group setting. Those in the group will learn that they are not alone, having the chance to meet and share with others.

Wednesdays 2:00pm – 4:00pm 17th, 24th April, 1st, 8th, 15th, 22nd May
Darren Little and peer trainer TBC

To enrol on any courses marked "**Daybreak**" please phone: (01803) 557801. Alternatively, you can come and visit us in person at our address:

51 Totnes road
Paignton
TQ4 5LA

To enrol on any of the courses marked "**DRLC**" please phone
Devon Recovery Learning
Community on (01392) 677067

Mon- Thurs 10am -2pm

Or visit www.devonrlc.co.uk

May



Developing Self-Management Strategies for Self-Harm (DRLC)

This 6 week course is for people who currently or have in the past self-harmed, and would like to understand the behaviours and what alternatives it might be helpful to try.

Thursdays 2:00-4:00pm

2nd, 9th, 16th, 23rd, 30th May, 6th and 13th June

Laura Smith and Eley Hughes

Understanding and Living Well with Anger (DRLC)

In this course students will acquire an understanding of anger and its positive uses, together with strategies to manage anger when it becomes a problem. Topics on this course will include: identifying the uses of anger, types of anger, and how anger can mask other emotions. This is a practical course that will help you identify your triggers and challenge negative thoughts, offering you opportunities to identify strategies that may help you manage anger safely and effectively.

Tuesdays 10:30am -12:30pm 14th, 21st, 28th May, 4th, 11th and 18th June

Eley Hughes and Darren Little

Food & Mood (DRLC) This 4 week course is for anyone interested in learning how healthy food choices can improve our mood.

Thursdays 10.30-12.30pm 23rd, 30th May, 6th and 13th June

Laura Smith & Darren Little

June



Understanding and living well with unusual experiences (DRLC)

This 4 week course is for people who have experienced psychosis, their family, friends, supporters and other mental health workers.

Thursdays 11:00-1:00 pm

27th June, 4th, 11th and 18th July

Laura Smith and Vicky Jimenez



Courses

We will be repeating our popular **(Daybreak)** courses again very soon.

Mindfulness- Dates TBC

Loss and Grief- Dates TBC

H.O.P.E (Help Overcoming Problems Effectively) -Dates TBC

Please pop in or call to add your name to the waiting list.

New Groups/Clubs

Cinema Club Group members will rendezvous at the Vue Cinema on Paignton Esplanade. Film listings will be provided in advance so that everyone can mutually agree upon a film. This club is currently scheduled to begin after Easter 2019.

Women's Group This group offers the chance for all female Daybreak participants to get together and discuss interests, ideas and plans for the future.



Borrow A Book

Thanks to Paignton Library we have a range of self-help books available for you to borrow.

Please ask for more info.

Daybreak Activity Groups and Clubs



Creating Positive memories with Scrapbooking Albums

A great way to learn how scrapbooking and joining a group for a creative purpose can be something that is helpful for our wellbeing as well as being purposeful and fun. Learn how to create an album of your treasured memories using photographs and craft supplies to enhance the pages. This is group is for anyone interested in the creative process of making a scrapbook in a safe and friendly environment.

Meets every 1st & 3rd Thursday of the month 2-4pm



Book Club

This is a great opportunity to learn and share with like-minded people. Choose from our selection of self-management books covering a range of topics Inc. stress, sleep and emotions. Share your thoughts, ideas and the strategies from these books in a safe and friendly space.

Every 3rd Wednesday of the month 11-12.30pm (Starting 17/04/19)

Please pop in or call for more info or to start borrowing.

WEEKLY ACTIVITIES

Friendship Group

Meets every **Monday 2-4pm** at different locations around the Bay.

Please pop in or call for a current location list.

POP UP CAFÉ

Tuesdays 1-3pm

For those concerned about their own or someone else's mental health and well-being.



Needlers

Fridays 10-12pm

An opportunity for people to come together to practice popular forms of needlework.

Craft Group

Tuesdays 10.30-12pm

A morning of Arts & Crafts, Pop in to see list of weekly projects.



Forestry Club

Tuesdays 10.30-12.30pm

For anyone interested in learning basic skills of woodland maintenance.

Green fingers Gardening Group

Thursdays 11am-1pm



Come lend a hand or enjoy some company in our peaceful garden.

All these groups are drop in sessions.

No need to book, just turn up.

All groups are free of charge, equipment & refreshments provided.

No experience necessary!

For more info pop in or call Daybreak : 01803-557801

What our students said about us in Feb 2019:

- “They’ve helped me see a future in my life.”
- “It helped a lot and made me feel safe.”
- “The staff and clients are so friendly and welcoming, they listen when I talk.”
- “I’ve found it very useful in not thinking negatively all the time and thinking more positively.”
- “I found the courses very interesting and helpful.”
- “The facilitators are very helpful and supportive. I have made new friends.”
- “They have helped me to be happy.”
- “The staff made a lot of sense in combating mental illness and strategies to help.”
- “No matter however ridiculous or petty I think my problem is, they still give it respect, patience and compassion.”