



# Warrington Social Prescribing Programme

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To book, refer someone, or check availability/ venues of any of the courses please contact Warrington Wellbeing at [warringtonwellbeing@warrington.gov.uk](mailto:warringtonwellbeing@warrington.gov.uk) , ring 01925 248460 or signpost them to any of the open access/drop in sessions taking place for any of the courses as per course overview information.



<b>Course Title</b>	<b>Confidence Building</b>
<b>Duration of Course</b>	Approx. 4 weeks
<b>Is this course for me?</b>	<p>This course is for adults age 19 and over from the Warrington Community, who are wanting to boost their self-confidence, feel better in themselves and find the courage to go out and do more to enrich their lives.</p> <p>The skills and knowledge developed on this course, can assist in every area of life, from work to home life.</p>
<b>About the course</b>	<p>On this course you will learn how to:</p> <ul style="list-style-type: none"><li>• Explore how our individual levels of confidence can be increased through positive actions</li><li>• Learn how to turn our 'Inner Critic' in to our 'Inner Cheerleader'</li><li>• Recognise how we can change our thinking and feel empowered</li><li>• Learn how to establish and achieve future focussed goals</li></ul>
<b>Contact Details</b>	<p>To book, refer someone, or check availability/ venues of this course please contact Warrington Wellbeing. <a href="mailto:warringtonwellbeing@warrington.gov.uk">warringtonwellbeing@warrington.gov.uk</a> or ring 01925 248460</p>



<b>Course Title</b>	<b>I am I can (a journey of self-discovery)</b>
<b>Duration of Course</b>	Approx. 5 weeks
<b>Is this course for me?</b>	This course is for adults age 19 and over from the Warrington Community. This 10 weeks course split over two terms looks at ways of being more comfortable with ourselves, discovering who we are now and most important the acceptance of who we are now.
<b>About the course</b>	<p>On this course you will learn how to:</p> <p>I am</p> <ul style="list-style-type: none"><li>• Finding the real you by helping build self esteem</li><li>• Communication with both others and ourselves (setting boundaries)</li><li>• Stepping away from drama (our own and others)</li><li>• Dealing with change both positive and negative</li></ul> <p>I can</p> <ul style="list-style-type: none"><li>• Changing the way we see ourselves, building our skills and strengths</li><li>• Dealing with stress and anxiety</li><li>• Better lifestyle choices based on who we are now</li><li>• Enhancing our own happiness</li></ul>
<b>Contact Details</b>	To book, refer someone, or check availability/ venues of this course please contact Warrington Wellbeing. <a href="mailto:warringtonwellbeing@warrington.gov.uk">warringtonwellbeing@warrington.gov.uk</a> or ring 01925 248460



<b>Course Title</b>	<b>Mindfulness</b>
<b>Duration of Course</b>	Approx. 5 weeks
<b>Is the course for me?</b>	<p>This course is for adults age 19 and over from the Warrington Community, who are wanting to learn about the concept and practice of Meditation and Mindfulness.</p> <p>Mindfulness has been clinically proven to reduce anxiety and stress, but also, if practised regularly, its techniques can help us to experience a greater sense of emotional wellbeing, improved relationships and a wonderful sense of inner peace in the midst of our busy world. The skills and knowledge developed on this course, can assist in every area of life, from work to home life.</p>
<b>About the course</b>	<p>On this course you will:</p> <ul style="list-style-type: none"><li>● Explore the health benefits to regularly practising Meditation and Mindfulness techniques</li><li>● Learn and practice various techniques and exercises that will develop our understanding about the nature of our thinking patterns</li><li>● Develop the 'attitudes' of Mindfulness that will help us to deal with life's ups and downs more easily</li><li>● Learn how to be more 'present', encouraging us to feel more fulfilled and less caught up in worry and stress</li></ul>
<b>Contact Details</b>	<p>To book, refer someone, or check availability/ venues of this course please contact Warrington Wellbeing. <a href="mailto:warringtonwellbeing@warrington.gov.uk">warringtonwellbeing@warrington.gov.uk</a> or ring 01925 248460</p>



# WARRINGTON

Borough Council

<b>Course Title</b>	<b>Anxiety Management</b>
<b>Duration of Course</b>	8 weeks
<b>Is the course for me?</b>	You will be in a safe and confidential environment where you can talk about yourself and learn from each other, to enable you to cope better with your anxiety
<b>About the course</b>	<p><b>Participants:</b></p> <ul style="list-style-type: none"><li>• The course will have 2 trainers</li><li>• Courses will also run for staff members</li></ul> <p><b>Content:</b></p> <p>Each course will last for 8 sessions and will look at:</p> <ul style="list-style-type: none"><li>• Stress and its causes</li><li>• Positive ways of coping</li><li>• Lifestyle and keeping a balance</li><li>• Relaxation techniques</li><li>• Assertiveness</li><li>• Sleep management</li></ul> <p>When you have attended for 8 weeks we will review your progress to see what may be helpful for you in the future.</p>
<b>Venue</b>	Warrington Your Way, 44 Allen Street, WA2 7JB
<b>Contact Details</b>	To book, refer someone, or check availability/ venues of this course please contact Warrington Wellbeing. <a href="mailto:warringtonwellbeing@warrington.gov.uk">warringtonwellbeing@warrington.gov.uk</a> or ring 01925 248460



# WARRINGTON

## Borough Council

<b>Course Title</b>	<b>Positive Thoughts</b>
<b>Duration of Course</b>	Seven Weeks
<b>Is the course for me?</b>	This course is for adults age 18 and over from the Warrington Community, who would like to join a friendly, local course that could change the way you look at life and its challenges.
<b>About the course</b>	<p>Thoughts influence how we feel, and the wrong kind of thoughts can cause unhelpful, distressing feelings. Your emotions and feelings are created by your thoughts.</p> <p>Unhappiness <b>cannot</b> exist on its own, it occurs because of thoughts, which <b>can</b> be changed – this 7 week course helps to identify ways of thinking that can help to improve your mood and anxieties.</p> <p><b>Core Ideas:</b></p> <ul style="list-style-type: none"> <li>• To reduce the times that we experience low mood</li> <li>• How activities affect our mood</li> <li>• To have greater control over mood</li> <li>• Ways to challenge negative thoughts</li> <li>• How contact with people affects our mood</li> <li>• Increasing pleasant activities</li> </ul> <p><b>The course will run over 7 weeks and will explore common areas of mental wellbeing to support recovery by:</b></p> <ul style="list-style-type: none"> <li>• Tracking our mood through charts and diaries</li> <li>• Practice techniques such as relaxation</li> <li>• Watching how others cope</li> <li>• Tools to support confidence &amp; self esteem</li> <li>• Rewarding yourself</li> <li>• Writing a plan of what you want to change</li> <li>• Step by step change</li> </ul> <p><b>Remember</b> - you are in charge of your own thoughts and feelings; you can change the way you think which in turn, can have a effect on the way you feel.</p> <p><b>Positive thoughts lead to positive actions</b></p>
<b>Contact Details</b>	If you would like to attend this course please contact: Donna Holman on 01925 444233 or e-mail <a href="mailto:dholman@warrington.gov.uk">dholman@warrington.gov.uk</a>



<p><b>Course Title</b></p>	<p><b>Looking after your mental wellbeing using <a href="http://www.happyoksad.org.uk">www.happyoksad.org.uk</a></b></p>
<p><b>Duration of Course</b></p>	<p>1 hour 30 minutes</p>
<p><b>Is the course for me?</b></p>	<p>This workshop is for Warrington residents who want to learn how to maintain or improve their mental wellbeing.</p> <p><b>Purpose</b>          To familiarise people with the “wellbeing” section of Warrington’s mental health website <a href="http://www.happyoksad.org.uk">www.happyoksad.org.uk</a>.          To provide people with knowledge of where they can find a range of free evidenced-based self-help resources, that they can use to maintain or improve their mental wellbeing.</p>
<p><b>About the course</b></p>	<p>This interactive workshop focuses on mental wellbeing. By guiding people around the “looking after our mental wellbeing” section of the Happy OK? Sad? website, the workshop shows people the range of self-help resources relating to mental wellbeing, which they can access through the site. The workshop includes discussion in small groups and exercises illustrating different self-help resources people can use to look after their mental wellbeing.</p> <p>An important part of looking after mental wellbeing is asking for support, so the workshop also covers where on the site people can find information about mental health support services; and where they can get support if they need urgent help.</p>
<p><b>Learning outcomes</b></p>	<p><b>Following the workshop we anticipate people will be able to:</b></p> <ul style="list-style-type: none"> <li>• Explain what mental wellbeing is and why it’s important to promote it.</li> <li>• Demonstrate where, on the Happy? OK? Sad? site free, self-help resources for maintaining, or improving mental wellbeing can be found.</li> <li>• Briefly explain three key resources or campaigns for promoting mental wellbeing.</li> </ul>
<p><b>Contact Details</b></p>	<p>To book, refer someone, or check availability/ venues of this course please contact Warrington Wellbeing. <a href="mailto:warringtonwellbeing@warrington.gov.uk">warringtonwellbeing@warrington.gov.uk</a> or ring 01925 248460</p>

<p><b>Course Title</b></p>	<p><b>Youth Connect 5</b></p>
<p><b>Duration of Course</b></p>	<p>5 Weeks consisting of five, two-hour sessions. As it's a course, parents and carers who start the training are expected to attend all five sessions.</p>
<p><b>Is the course for me?</b></p>	<p>This course builds upon the knowledge, empathy and skills of parents and carers to promote the resilience and emotional wellbeing of our children and young people.</p> <p>The Youth Connect 5 course is free to parents and carers living in Warrington, as it's funded by Champs, through the Health Education Authority. The course is delivered in a variety of community-based settings in Warrington. More detail about the course can be found on the <a href="#">Youth Connect 5 website</a>.</p> <p><b>Who should attend</b> Parents and carers living in Warrington, with children under 18, who want to:</p> <ul style="list-style-type: none"> <li>• Learn new skills and approaches to connect with their children.</li> <li>• Strengthen their own and their children's resilience and emotional wellbeing.</li> <li>• Better understanding why they feel the way they do.</li> </ul>
<p><b>About the course</b></p>	<p>The overall aim of the Youth Connect 5 course is to enable families to develop resilience.</p> <p><b>Learning Outcomes</b> The Youth Connect 5 course aims to build the knowledge and skills of parents and carers who attend, to help them:</p> <ul style="list-style-type: none"> <li>• Strengthen the resilience and emotional wellbeing of their children</li> <li>• Further develop their personal resilience</li> <li>• Learn about different ways they can support their children</li> <li>• Increase their confidence and ability to support their children</li> <li>• Improve their relationship with their children</li> <li>• Understand how and where to access information and support.</li> </ul>

	<p><b>Course Content</b> The course will cover:</p> <ul style="list-style-type: none"> <li>• Understanding mental health, including the adolescent brain and how it develops.</li> <li>• What we need to do to maintain good mental health.</li> <li>• Smart ways to make changes that stick and that will improve our own and our family’s wellbeing.</li> <li>• The different risks our children face and how various resilience techniques and responses can help.</li> <li>• The importance of certain types of activity for our own and our families wellbeing</li> <li>• Proven strategies to manage distress and make positive changes, including how to support our children to problem solve and develop better coping skills.</li> </ul>
<p><b>Contact Details</b></p>	<p><b>How to request a place</b> Parents and carers can request places on one of the courses through the <a href="#">Youth Connect 5 website</a>.</p> <p><b>Eligibility</b> Not all the Youth Connect 5 courses are open to everyone. Parents and carers from Warrington will only be accepted onto the Warrington courses. Also some of the Warrington courses are only open to parents and carers linked to a particular organisation. When you apply for a place on one of the Youth Connect 5 courses, the trainer running the course, will let you know whether you have secured a place or not.</p>

# Boost

<b>Course Title</b>	<b>Boost</b>
<b>Duration of Course</b>	6 Sessions, 2 hours per session
<b>Is the course for me?</b>	Would you like to try a course or session that can help you improve your wellbeing? Would you like to learn a new skill and meet new people? Then why not try this course offered by the Health Inequalities team.
<b>About the course</b>	<p><b>Boost is a structured course designed to boost:</b></p> <ul style="list-style-type: none"> <li>• Mood</li> <li>• Thinking</li> <li>• Relaxation</li> <li>• Assertiveness</li> <li>• Motivation</li> <li>• Sleep</li> <li>• Confidence</li> </ul> <p>In just six enjoyable two-hour sessions, you'll learn lots of skills and tips for coping with problems, sorting out your feelings when you feel fed-up or stressed, improving your confidence and making plans for doing more things that make you feel good. You'll meet new people, make new friends and have a laugh along the way.</p>

## maketime

<b>Course Title</b>	<b>Maketime</b>
<b>Duration of Course</b>	8 Weeks
<b>Is the course for me?</b>	The 8 week course combines information and activities from all of our other courses!
<b>About the course</b>	<p><b>This course gives ideas on things to do to help achieve the five areas of Make Time:</b></p> <ul style="list-style-type: none"> <li>• When was the last time you laughed until you cried?</li> <li>• When was the last time you got up and out?</li> <li>• When was the last time you noticed things around you?</li> <li>• When was the last time you tried something new?</li> <li>• When was the last time you made someone smile?</li> </ul>

<b>Course Title</b>	<b>Dementia Friends</b>
<b>Duration of Course</b>	1 hour
<b>Is the course for me?</b>	This course is designed to give you information and awareness and does not go into in-depth information about Dementia.
<b>About the course</b>	Dementia Friends is about learning more about Dementia and the small ways you can help. From telling friends about the Dementia Friends programme to visiting someone you know living with Dementia, every action counts.



<b>Course Title</b>	<b>Change 4 Life</b>
<b>Is the course for me?</b>	We offer bespoke Change 4 Life courses
<b>About the course</b>	<p>Change 4 Life courses will help you understand:</p> <ul style="list-style-type: none"> <li>• More about the food we eat</li> <li>• Knowing about the amount of sugar and fat in our foods</li> <li>• Ideas on snacks to swap</li> <li>• Reading and understanding labels on the food we buy</li> <li>• Tips on budgeting</li> <li>• Chance to taste new foods and cook new recipes</li> </ul>
<b>Contact Details</b>	<p>To find out more about these courses, please call the team on <b>01925 241360</b> and ask for Jo Norton.</p> <p>These courses run at various times and venues throughout the year. To find out more about availability please call Warrington Wellbeing on <b>01925 248460</b></p>



<b>Course Title</b>	<b>OFFLOAD</b>
<b>Duration of Course</b>	The programme consists of 10 fixtures where each fixture will have two halves (40 minutes).
<b>Is the course for me?</b>	Suicide is the biggest killer of males under 50 and a leading cause of death in young males, Offload is a mental fitness programme that invites men to come and see how professional rugby league clubs manage and coach players in a range of ways to improve their mental fitness.
<b>About the course</b>	<p>Offload is a Big Lottery funded project; being run by a number of partners, led by Salford Red Devils, Warrington Wolves and Widnes Vikings with Rugby League Cares. The project content has been devised by State of Mind and supported by Oddballs.</p> <p>Warrington player Matty Russell said: “Mental health is a massive part of day-to-day life. Everyone needs to offload from time to time, and programmes like this give everyone a great opportunity to do that.</p> <p>“It’s important as players, but also as people, that we look out for each other.”</p> <p>It is claimed that men are hard to reach but we do not think this is the case as we think that men will come if the location is safe and the information is presented in ways that are practical in their lives</p> <p>First half has personal stories and evidence based tools to build mental fitness. Second half is interactive, club based activities.</p> <ul style="list-style-type: none"> <li>• Basic mental fitness</li> <li>• Stress management techniques</li> <li>• Mindfulness</li> <li>• Work life balance</li> <li>• Emotional resilience</li> <li>• Coping strategies</li> <li>• Using resilience to manage setbacks</li> <li>• Five ways to wellbeing</li> <li>• Anger management</li> <li>• Solution focused problem solving</li> </ul>
<b>Contact Details</b>	To access the fixtures in Warrington & for full details of Offload call James Howes at Warrington Wolves on <b>01925 248894</b> or visit <a href="http://www.wolvesfoundation.com">www.wolvesfoundation.com</a>



<p><b>Course Title</b></p>	<p><b>Budget Boosting</b></p>
<p><b>Is the course for me?</b></p>	<p>Our budget boosting clubs are run weekly throughout Warrington centre and are open to all people aged 18 or over, who are looking to get into work or who need to generate additional income.</p> <p>Both individuals and family groups are welcome.</p>
<p><b>About the course</b></p>	<p>Come along to your local budget boosting club to receive free advice and support to help you find employment and boost your income in a friendly, welcoming environment.</p> <p><b>We can help you to:</b></p> <ul style="list-style-type: none"> <li>• Search for jobs online</li> <li>• Apply for jobs and complete application forms</li> <li>• Write your CV &amp; cover letter</li> <li>• Improve your skills at interview</li> <li>• Check benefit entitlement</li> <li>• Find free on-line training courses</li> </ul> <p><b>We can also:</b></p> <ul style="list-style-type: none"> <li>• Sign post you to all kinds of services that can help you to boost your income</li> <li>• Provide tips on how to save money</li> <li>• Help you get a better deal on your services/suppliers and reduce your bills</li> <li>• Help you get signed up to a credit union</li> <li>• Help you to shop online within your budget - find out how online shopping can save you money</li> </ul> <p><b>In addition our clubs will enable you to. . . .</b></p> <ul style="list-style-type: none"> <li>• Share your experiences, learn from others and improve your communication skills</li> <li>• Make new friends and useful contacts</li> </ul> <p><b>Four good reasons to join our Budget Boosting Clubs. . . .</b></p> <ul style="list-style-type: none"> <li>• Get support</li> <li>• Learn new skills</li> <li>• Network</li> <li>• Socialise</li> </ul>
<p><b>Contact Details</b></p>	<p>For further details, contact Tracy Williams, Family Income and Employment Officer on <b>01925 241360</b> or <b>07775 024840</b>          E-mail: <a href="mailto:tracey.williams@warrington.gov.uk">tracey.williams@warrington.gov.uk</a></p>

# Creative Remedies

<b>Course Title</b>	<b>Creative Remedies</b>
<b>Is the course for me?</b>	Creative remedies is a social prescribing scheme which is free to all adults over the age of 18 living in the Warrington area. All equipment is provided.
<b>About the course</b>	Places must be booked in advance, please speak to staff <b>prior</b> to attending about which group would be suitable.  Please note that there are no groups on Bank Holidays and some school holidays – please check with staff for details. There is a small charge of 20p for Tea and Coffee.
<b>Monday</b>	<b>Music Group</b> This is a tutor led group with all instruments provided, although you are welcome to bring your own. Beginners: 11 – 12.30 or Advanced: 13.00 – 14.30 at the Pyramid
	<b>Performing Arts (Drama &amp; fun games)</b> 13.30 – 15.30 at the Pyramid
<b>Wednesday</b>	<b>Visual Arts (Painting &amp; Drawing)</b> 13.00 – 15.00 at the Pyramid
	<b>Breeze in group (Pool, Bingo &amp; Brews!)</b> 13.00 – 15.00 at St Elphins Community Hall, St Katherine’s Way, Howley
<b>Friday</b>	<b>Photography</b> 10.30 – 15.00 at the Pyramid Equipment is limited, please feel free to bring your own camera
	<b>Read to relax group</b> 13.30 – 15.00 at the Pyramid Be as interactive as you like or just sit back and be read to.
<b>Contact Details</b>	For any more information please contact Pete Regan or Jen Heston-Kellett on <b>01925 444133</b> or e-mail <a href="mailto:creativeremedies@warrington.gov.uk">creativeremedies@warrington.gov.uk</a>