



Darlington

# 2018 Course Prospectus



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# Self-Help & Personal Development Courses

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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

## Anxiety Management

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### *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 Management 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 Management Course*

The Anxiety Management 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

## Developing Assertiveness

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### *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 Developing 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 Developing 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



## Building Confidence & Self Esteem

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### *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

## Depression Management

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### *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 Management 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 Management 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

## Building Resilience

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### *What is 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 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 Building Resilience for me?*

Anyone can benefit from the overview of Building 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 Resilience*

To ensure continued 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

## Better Sleep

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### *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 Better 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 Better 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

## Stress Management

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### *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

## What do people say about us?

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*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*

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

*We're different people, so much more positive. The whole group gets something from it...it's changed our lives*

*Definitely helped my mental wellbeing...*

*It's changing my life*

*Very powerful*

# Bespoke Training

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For groups or employers wishing to access our training, we can design, develop and deliver bespoke training packages to suit your needs.



Employers who access our training for their staff could enjoy the following benefits;

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

Courses are suitable for those with little to no knowledge of mental health. They will not enable you to diagnose or treat people with mental health conditions however will give individuals the skills to support others to access the professional help they need.

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.

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 now!

## Examples of Bespoke Training Packages

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### **Mental Health and Work**

A presentation on the effects of mental health within the workplace including the scale of the problem, the potential cost to business, the difference between absenteeism and presentism and potential solutions for your business.

### **Mental Health Awareness – An Introduction**

A short and sharp mental health awareness session looking briefly at awareness of mental health for self and others and where to get support.

### **Mental Health Awareness for Employees**

A three hour session which, by attending this course, delegates will...

- Have a basic awareness of mental health, what it is and how it applies to the individual and others
- Have knowledge on the impact mental ill health can have
- Be able to recognise the signs and symptoms of common mental health illnesses
- Have knowledge on building and maintaining resilience
- Have skills in supporting people who are in mental health distress (on a “first aid” basis)

### **Mental Health Awareness for Managers**

A three hour session which, by attending this course, delegates will...

- Have a basic awareness of mental, what it is and how it applies to the individual and as a manager of people
- Have knowledge on the impact mental ill health can have within the workplace
- Be able to recognise the signs and symptoms of common mental health illnesses
- Have knowledge on building and maintaining health resilience
- Have skills in supporting employees who are in mental health distress (on a “first aid” basis)
- Be able to appropriately signpost employees to other sources of support

# Mental Health Mentoring Programme

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This is an intensive two-day course taking place between 9am and 5pm over two consecutive days. There are eight modules to study in total and each module is around an hour and a half in length. Assessment is ongoing throughout the course and is conducted by the tutor who will observe interactions in the sessions and participation in group activities to assess if the information given has been understood and can be applied.

By attending this course, delegates will learn...

- **Mental Health Awareness** What is Mental Health? How does Mental Health impact the workplace? Mental Health at work; the law
- **Anxiety** Recognising the signs and symptoms. How to help somebody with anxiety
- **Depression** Recognising the signs and symptoms. How to help somebody with depression
- **Stress** What is Stress? When does it become a problem? Stress reduction techniques
- **Confidence, Self Esteem & Assertiveness** Building confidence. Boosting self-esteem. Being more assertive
- **Lifestyle Choices** How do diet, sleep and exercise impact mental health? Mindfulness. Five Ways to Wellbeing
- **Support** What support is available at work? What support is available outside of work?
- **Your Role as a Mental Health Mentor** What you can do to help others. Knowing your limitations

This knowledge enables the individual to be a Mental Health Mentor for your workplace or organisation. The individual will be able to provide first level support to employees, know what support they can offer the individual themselves, as well as knowing when, how and where to seek additional support. Trained Mental Health Mentors can also access telephone support for advice from Darlington Mind if and when required when supporting a colleague (between the hours of 9am-5pm, Monday to Friday).

Having a named Mental Health Mentor in your workplace means that employees feel valued and know that their employer is considering the importance of their emotional and mental wellbeing. It gives employees a named individual who they can turn to for support in the workplace, enabling them to seek support as soon as it is needed. We suggest that organisations train around 10% of their workforce to be named Mental Health Mentors.

## How do I book a place?

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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 (Darlington) or 01609 780758 (Northallerton). 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?

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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?

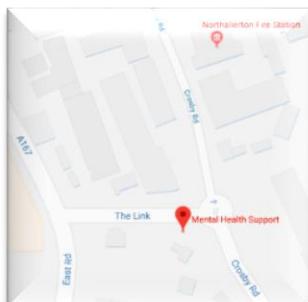
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Darlington Mind offer services across Darlington, South Durham, Hambleton and Richmondshire.



Darlington Mind's main site 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.



We also have offices in Northallerton, located just south of the Fire Station, behind the Tesco Superstore. These offices are a ten-fifteen minute walk from local Railway Station.

Limited free parking is available on site or on the residential streets nearby.

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

**EVERY  
ACCOMPLISHMENT  
STARTS WITH THE  
DECISION TO TRY**

**BELIEVE YOU CAN  
AND YOU'RE HALF  
WAY THERE**