

ABOUT US

THE CORNER HOUSE:

The Corner House is a mental health community resource centre in Southwick. Our vision is to deliver excellent services for people, and with people, who are affected by mental illness. Our courses are open to anyone who lives in West Sussex who has a mental health difficulty or anyone who cares for someone with a mental health difficulty. However priority will be given to people who access support from The Corner House if the course is full.

OUR COURSES:

All our courses are taught in small groups. There may be many reasons you choose to attend a course:

- As a service user I have a role in consultation about or in developing and improving services (you may be member of a group, giving advice or running a project)
- As a carer I have a role in consultation about or in developing and improving services (you may be a member of a group, giving advice or running a project)
- As a service user or carer I need to regain or develop skills and knowledge for my personal development (e.g.: to help me back to work, to deal with stress in the workplace, to learn about my rights)
- The course or workshop I am interested in is relevant to my role or personal development needs
- Or another reason

BEFORE A COURSE OR WORKSHOP:

At The Corner House we recognise that people's mental well-being, or circumstances, may change over time and sometimes suddenly. This could mean that you apply for a course when you are well enough to attend and find that you don't feel well enough on the day. If you are concerned about this please don't let this stop you from applying – we will understand. However we do ask you to let us know, by phone or email, if you are unable to attend for any reason.

ON THE DAY:

Some courses have a lot of information. If you feel stressed or uncomfortable feel free to take time out in whatever way you need (e.g.: switch off for a bit, leave the room). Do be free to ask questions, all our courses are interactive with discussions and practical exercises. Our group agreement is stated below which the trainer may refer to at the start of, or during the course.

HOW TO APPLY FOR A COURSE OR WORKSHOP:

Applying for a course is simple. Fill in the application form attached to this brochure and return it to The Corner House. Alternatively download and fill in the same form (available on our website) and email it to us. If you have any questions about the course or about filling in the form please ring the number on the form; where questions do not apply leave them blank. You can apply for as many courses as you like. Courses need a minimum of participants to run, depending on the course either 4 or 6 people. The maximum number is from 4 to 12, again depending on the course. Priority is given to people who already access a service from us if the course is fully booked. You will receive confirmation of a place approximately 1 – 2 weeks prior to the start of the course; alternatively give us a ring to check.

All of our courses are free to carers and service users. However you will need to pay for the materials you use in our art courses.

GROUP AGREEMENT:

Courses may include people from a wide range of backgrounds and with various needs in relation to learning and the immediate learning environment.

The group agreement is intended to draw to the attention of both workshop leaders and participants current good practice issues that everyone is required to address.

Confidentiality:

- Personal information shared in the session should not be disclosed to anyone who isn't there

Disclosure:

- No one should feel obliged to disclose anything that they want to keep private

Participation:

- Allow everyone equal opportunity to participate e.g.: be aware that some people are more anxious about contributing or take longer to gather their thoughts and may need more time to say their piece

Respect:

- There are differences between us all in knowledge, opinions and experiences of mental health and mental health services
- Learn from each other, support each other and value other's experience
- If there are disagreements we should treat each other with respect

Behaviour:

- It's fine to behave anyway you like as long as it does not interfere with other people's learning

- It's OK take time out in whatever way you need (e.g.: switch off for a bit, leave the room)

Language:

- Use plain language where possible and always explain specialist terms or abbreviations

CONTACTING US

VISIT:

You can visit us prior to a course if you wish to. The Corner House is situated at 45 Southwick Street, Southwick. We are opposite Southwick Community Centre and the side of the building is opposite Southwick library and the Manor Practice surgery. We are in easy reach of bus stops and trains – see the map on the back of this brochure.

TELEPHONE:

01273 871575

EMAIL:

enquiries@corner-house.org.uk

ON THE WEB:

www.corner-house.org.uk



COURSES DIRECTORY – *what's on when, at a glance*

Copper Foil:

6 Thursdays, 10th September 2015 – 15th October, 2.00pm – 4.00pm P2

Looking After Yourself:

3 Tuesdays, 10th November 2015 – 24th November P9

Introduction to Mindfulness:

2 Thursdays, 1st October 2015 – 8th October, 10.30am – 12.30pm P6

Living with Stress and Anxiety:

4 Mondays, 5th October 2015 – 26th October, 2.00pm – 3.00pm P7

Food and Mood:

8 Wednesdays, 14th October 2015 – 2nd December, 1.30pm – 4.00pm P5

Lino and Wood Block Printing:

4 Thursdays, 22nd October 2015 – 12th November, 2.00pm – 4.00pm P4

Introduction to Assertiveness:

2 Wednesdays, 13th January 2016 – 20th January, 1.30pm – 4.00pm P8

Pottery:

6 Thursdays, 14th January 2016 – 18th February, 2.00pm – 4.00pm P1

Food and Mood:

8 Thursdays, 4th February 2016 – 24th March, 10.30am – 1.00pm P5

Stained Glass:

8 Thursdays, 3rd March 2016 – 28th April, 2.00pm – 4.00pm P3

Living with Stress and Anxiety:

4 Mondays, 4th April 2016 – 25th April, 2.00pm – 3.30pm P7

Introduction to Mindfulness:

2 Thursdays, 7th April 2016 – 14th April, 1.30pm – 3.30pm P6

Food and Mood:

8 Wednesdays, 4th May 2016 – 22nd June, 1.30pm – 4.00pm P5

Lino and Wood Block Printing:

4 Thursdays, 12th May 2016 – 2nd June, 2.00pm – 4.00pm P4

Pottery:

6 Thursdays, 23rd June 2016 – 28th July, 2.00pm – 4.00pm P1

Introduction to Assertiveness:

2 Thursdays, 30th June 2016 – 7th July, 10.30am – 1.00pm P8

Introduction to Mindfulness:

2 Wednesdays, 13th July 2016 – 20th July, 1.30pm – 3.30pm P6

Course structure: 6 x 2 hour sessions

This course is for: Complete beginners or those wishing to improve their pottery skills. If you have never tried pottery and like getting your hands dirty this is the course for you.

Overview: Learn to make a beautiful ceramic pot, jug, or vase, using the coil technique. We will explore various different ways of decorating your work through texture, raised pattern and impressions. The classes are small and the tuition is taught via demonstration and example. Earthenware clays are used and biscuit fired in a kiln then glazed. All materials are supplied but there will be a small charge to cover the cost of clay and glazes used. Students may have to come back after the course to glaze their pots due to the time it takes to fire all the pots.

The course covers:

- Working with different clays
- Learning the coil technique used to make objects such as vases
- Learning how to prepare clay
- Experimenting with decorating techniques
- Learning to use pottery tools
- Experimenting with glazes
- Producing a finished original piece of ceramics

Tutor: Angie Pantall **Peer:** Sarah Rose

Follow on suggestions at The Corner House:

- Practise the technique during drop in sessions
- Attend any follow on courses at the Corner House
- Try an adult education course
- Look at college courses

Course Dates:

6 Thursdays, 14th January 2016 – 18th February, 2.00pm – 4.00pm

6 Thursdays, 23rd June 2016 – 28th July, 2.00pm – 4.00pm

ART COURSES - COPPER FOIL

Course structure: 4 x 2 Hour Sessions

This course is for: Anyone who would like an introduction to working with the amazing medium, glass. It is suitable for beginners as well people with a basic knowledge in glass technique. Copper foil is a very traditional craft. It is quite technical but great if you want to learn a new skill and switch your mind off from other thoughts and feelings.

Overview: Louis Tiffany used Copper Foiling to make the now iconic Tiffany lampshades sometimes joining more than 500 pieces of glass together. Copper Foiling is a technique used in stained glass work instead of using leads, to join two bits of glass together. The copper foil allows the glass to be joined more closely together therefore enabling the glass work to be more intricate than using leads. The course is taught in a small group of no more than six people. All the equipment is provided however students will have to pay for materials used such as glass, copper foil.

The course covers:

- How to cut glass accurately using a glass cutter and template
- How to put copper foil onto glass
- How to solder two pieces of glass together
- Finally producing a glass catcher or Christmas decoration, from a selection of designs

Tutor: Angie Pantall

Follow on suggestions at The Corner House:

- To work on your own project to practice the technique during drop in sessions, facilitated by the tutor
- To progress to a stained glass course also available at the Corner house
- To progress to more advanced designs involving more pieces of glass being joined together under the guidance of the tutor

Course Dates:

6 Thursdays, 10th September 2015 – 15th October, 2.00pm – 4.00pm

ART COURSES - STAINED GLASS

Course structure: 8 x 2 hour sessions

This course is for: Anyone wishing to learn the traditional skill of working with glass and leads. It is suitable for all abilities, beginners are very welcome. This course is a very good grounding for students to then go onto more specialist or longer courses in the field.

Overview: The making of stained glass windows has hardly changed since the 12th century. A stained glass window consists of pieces of coloured glass held together in a latticed web of lead. The course is a good introduction to the basic techniques required to begin working with glass and leads. The class is very practical and allows you to learn the technical skills needed in order to create and work on your own design. Stained glass design is a very precise and accurate technique therefore demanding quite a good sense of concentration and patience. There is a size restriction on final designs of A3 (420 mm x 297 mm). All materials are provided but students will be charged for glass and leads used.

The course covers:

- Learning and practising how to cut glass
- Learning how to draw templates and drawing out your own design
- Using a glass grinder
- Being shown the skill of cutting leads
- Soldering technique
- Learning about colour and shapes within design
- Being shown the limitations within glass cutting and lead design
- Producing your own piece of stained glass

Tutor: Angie Pantall

Follow on suggestions at The Corner House:

- Further courses in the subject either at The Corner House or at college.

Course Dates:

8 Thursdays, 3rd March 2016– 28th April, 2.00pm – 4.00pm

Course structure: 4 x 2 hour sessions

This course is for: Anyone wanting to experiment with wood cut or lino; beginners welcome. Printing is done on a press in a very traditional way. This is a great way to relax, unwind and learn a new skill. It is extremely therapeutic. A little bit messy but great fun. The simplest designs can look very professional.

Overview: Lino cut and wood cut are a printing technique in which a sheet of lino or wood is used to make a relief surface. A design is cut into the lino or wood surface with a sharp knife, v-shaped chisel or gouge, with the raised areas representing a reversal, mirror image of the parts to show printed. It is a great opportunity to use a printing press and an ideal environment to be creative. Learn the traditional craft of printing to get immediate results. Tuition will be given via demonstration and instruction from the tutor. There is a maximum of four students for this course because of the space needed. Tools are provided for students. All materials are included, except costs towards any paper used.

The course covers:

- Using a printing press
- Learning to use the tools for cutting into lino or wood
- Transferring a design from paper to wood or lino block
- Inking up blocks
- Printing onto various papers

Tutor: Angie Pantall

Follow on suggestions at The Corner House:

- Look out for further courses at The Corner House
- Progress to adult education courses
- Progress to a college course

Course Dates:

4 Thursdays, 22nd October 2015 – 12th November, 2.00pm – 4.00pm

4 Thursdays, 12th May 2016 – 2nd June, 2.00pm – 4.00pm

Course structure: 8 x 2½ hour sessions

This course is for: This 8 session course is aimed at anyone with mental health difficulties, or anyone supporting someone with mental health difficulties, who would like more information about the basics of nutrition and how diet can affect wellbeing.

Overview: We start with some basic information about nutrition. We establish which foods are necessary for health, why we need certain nutrients, and which foods affect both mental and physical wellbeing. You will discover what we have in common with our hunter/gatherer ancestors and explore what a healthy diet really consists of. The course includes practical exercises, discussions, healthy snacks and lots of handouts.

The course covers:

- What nutrients we need for good health and which foods they are found in
- Some research evidence for the food and mood link
- Easy and healthy changes to the average diet
- Understanding food labels

Tutor: Allison Anderson **Peer supporter** Lin Gibbs

Follow on suggestions at The Corner House:

- 1:1, or small group, cooking healthy basic meals with our chef
- Weekly weight management group

Please note:

To apply for this course you will need to complete a Recovery College application form instead of our Corner House form, please ask for this.

Course Dates:

8 Wednesdays, 14th October 2015 – 2nd December, 1.30pm – 4.00pm

8 Thursdays, 4th February 2016 – 24th March, 10.30am – 1.00pm

8 Wednesdays, 4th May 2016 – 22nd June, 1.30pm – 4.00pm

INTRODUCTION TO MINDFULNESS

Course structure: 2 x 2 hour sessions

This course is for:

Anyone interested in finding out more about Mindfulness, what it is and what it isn't, and how to use it in your daily life.

Overview:

There is a lot of interest at the moment in using Mindfulness when there are mental health problems as the benefits are various including maintaining wellbeing and increasing emotional resilience. The course is interactive and includes several short mindfulness exercises to try it out.

The course covers:

- What is Mindfulness
- Why is using Mindfulness helpful
- How to use Mindfulness to change the way you think, feel and act

Tutors: Allison Anderson & Mark Cracker

Follow on suggestions at The Corner House:

- Weekly Mindfulness Practice Group
- Weekly relaxation session

Course Dates:

2 Thursdays, 1st October 2015 – 8th October, 10.30am – 12.30pm

2 Thursdays, 7th April 2016 – 14th April, 1.30pm – 3.30pm

2 Wednesdays, 13th July 2016 – 20th July, 1.30pm – 3.30pm

LIVING WITH STRESS AND ANXIETY

Course structure: 4 x 1 hour sessions

This course is for:

Anyone who suffers from too much stress and/or anxiety in their life. The course will also benefit those who live with or care for someone who suffers from stress and/or anxiety.

Overview:

We all suffer from stress and anxiety, but for some people this can reach levels that have a damaging impact on their social, emotional and physical wellbeing. This course aims to provide you with a better understanding of stress and anxiety and explores ways that you can manage stress and anxiety. The course will be interactive, including discussions and exercises.

The course covers:

- What is stress and anxiety?
- Identifying the causes of stress and anxiety
- What are the signs and symptoms of stress and anxiety?
- The impacts of too much stress and anxiety
- How to control stress and anxiety

Tutor: Alan Hewitt

Follow on suggestions at The Corner House:

- Weekly Relaxation sessions
- Other therapies such as Shiatsu and Indian Head Massage
- Introduction to Mindfulness
- Healthy Walks

Course Dates:

4 Mondays, 5th October 2015 – 26th October, 2.00pm – 3.00pm

4 Mondays, 4th April 2016 – 25th April, 2.00pm – 3.00pm

INTRODUCTION TO ASSERTIVENESS

Course structure: 2 x 2½ hour sessions

This course is for:

Anyone struggling with their mental health who would like to be more assertive.

Overview:

Being assertive is a skill that can be learned. This course introduces the concept of win-win situations where you can affirm your rights without ignoring those of others. It suggests assertive behaviour is the best way to communicate and offers exercises to test this out. The course is interactive and involves discussions and exercises.

The course covers:

- Defining assertive and non-assertive behaviour
- Some barriers to being assertive
- Body language
- Expressing feelings assertively
- Being able to say no assertively

Tutor: Allison Anderson

Follow on suggestions at The Corner House:

- Weekly mental wellbeing self-management group
- Any other of our courses

Course Dates:

2 Wednesdays, 13th January 2016 – 20th January, 1.30pm – 4.00pm

2 Thursdays, 30th June 2016 – 7th July, 10.30am – 1.00pm

LOOKING AFTER YOURSELF

Course structure: 3 x 1½ hour sessions

This course is for:

Anyone who is looking to improve their health and wellbeing in a practical way. It is suitable for all levels of knowledge.

Overview:

Wellbeing can be thought of as something you do as opposed to something you have. This course offers practical tips for looking after your own health and wellbeing. Over the 3 sessions we will look at how physical activity, healthy eating and things like volunteering can improve your wellbeing.

The course covers:

- What stops you from keeping up a physical activity routine and the solutions
- What are your motivations for doing physical activity
- The principles of healthy eating
- Why we can sometimes self-sabotage our healthy eating and what to do about it
- Practical tips on other ways to improve your health and wellbeing

Tutor: Jack Newnham, Hannah Pearman & Jo Clarke
(Albion in the Community)

Follow on suggestions at The Corner House:

- Food and Mood course
- Introduction to Mindfulness
- Healthy walks and gym membership supported by staff

Course Dates:

3 Tuesdays, 10th November 2015 – 24th November

GOOD FOOD CORNER

DRINKS MENU

Please ask chef for options for special diets, i.e. vegetarian, gluten free, dairy free, nut free etc.

<u>Americano without milk</u>	<u>75p</u>
<u>Americano with hot or cold milk</u>	<u>£1.00</u>
<u>Latté</u>	<u>£1.00</u>
<u>Cappuccino</u>	<u>£1.00</u>
<u>Espresso</u>	<u>75p</u>
<u>Tea</u>	<u>75p</u>
<u>Fruit or herb tea (please ask for selection)</u>	<u>65p</u>
<u>Redbush tea without milk</u>	<u>65p</u>
<u>Redbush with milk</u>	<u>75p</u>
<u>Cans or Cartons of fruit juice (please ask for selection)</u>	<u>70p</u>

Selection of cakes and cookies -
on dresser, as priced

Alternatively use the tea/coffee machine in small kitchen,
all drinks priced at 70p



