for further information on Inspire Mental Health...

Clarendon Street community wellbeing
20 Clarendon Street
Derry/Londonderry
BT48 7ET

Telephone: 02871269677
Email: a.foley@inspirewellbeing.org

Clarendon Street Community Wellbeing Service

20 Clarendon Street, Derry
BT48 7ET
**One to one support**

This service is available to those not suited or ready for group activities.

The number of referrals to this service may be limited and a waiting list may be established.

Referrals can be made through the usual process.

This short term service is available to those in the community who need support on a one to one basis from staff. This can include, and is not limited to:

- Work to integrate into the community following hospital discharge.
- Extra support in time of crisis.
- Specific goal orientated work
- Establishing links with other community groups or going back to education/volunteering.

**Clarendon Street provides the following:**

**One to one support**

**Social and recreational groups**

**Courses and local opportunities**

**User led sessions**

**Lived experience groups**

**Mindfulness**

**Thursdays 11am-1pm**

A therapeutic activity involving relaxation, breathing techniques and personal awareness. Emphasis is placed on living in the ‘here and now’ by noticing, observing and participating. Sessions take place in a relaxed group setting with a qualified and experienced tutor.

**Exercise through dance**

**Mondays 1pm-2pm**

Love the Locomotion? Mad about the Merengue? This is the group for you! A light physical activity that combines music and movement in a small group setting under an experienced College tutor. No dance experience needed – this one is all about movement and fun.
The potterist’s  
**Monday 11am-1pm**  
A therapeutic activity that allows you to create your own fired clay design under the guidance of a tutor.

Nifty Knitters  
**Monday, Tuesday and Wednesday 11-1pm**  
One of our user led groups. Learn a variety of stitches through knitting and crocheting. Participants learn from each other and exchange patterns and ideas, while engaging in the social aspect of the group.

Art for wellbeing  
**Monday and Thursday 1.30pm-3.30pm**  
**Wednesday 10am-12pm**  
A therapeutic group, which included a wide variety of creative styles including glass painting, watercolours and oil paints. All abilities welcome.

Cook it (12 weeks)  
**Thursdays 12.30-2.30pm**  
Learn practical cooking skills alongside learning about healthy eating and food nutrition, no cooking experience necessary.

Manage the Challenge  
‘Manage the Challenge’ is delivered by fully trained staff over 6 weekly sessions on a rolling program. This course is designed for people experiencing long term physical or mental health conditions and is run in a closed group setting. Check details with staff of next available program.

Foyle food bank  
Clarendon Street community wellbeing service is now one of the providers of food vouchers for those in need of extra help in this area. People who wish to avail of this service can drop into the centre and will be supported to use the service in a confidential and sensitive matter.

Volunteering opportunities  
Clarendon Street community wellbeing service welcomes applications from people who would like to get involved in one of the many volunteering roles within the centre. Applications can be made online (www.inspirewellbeing.org) or by filling out a paper copy within the scheme. Staff would be keen to meet with any individual interested in volunteering and discussing the various roles and opportunities available.
**DBT skills training**

Dialectical Behaviour Therapy (DBT) is a year-long, skills based programme for people with Borderline Personality Disorder. Modules include Emotional Regulation, Interpersonal Effectiveness, Distress Tolerance and Mindfulness. Referrals are accepted from the PCLT for this service. This therapy takes place in a closed group format within the centre. Staff have completed the Knowledge and Understanding Framework (KUF) training which specifically looks at working with those with Personality Disorder.

There is currently a waiting list for this program.

**WRAP (Wellness Recovery Action Planning)**

WRAP is delivered by fully trained staff over 6 weekly sessions on a rolling programme. Participants learn skills to maintain their wellbeing by recognising triggers and developing action plans. Check details with staff of next available program.

**CBT**

Cognitive Behavioural Therapy (CBT) is a short-term programme of one to one counselling available to individuals following an initial assessment. Individuals are usually involved in this process for 6-8 sessions.

An initial assessment is carried out to ascertain suitability for CBT.

**Get active walking group**

*Tuesday and Thursday 10.30am-12pm*

A light physical activity that can be catered to your abilities. Walking is proven to improve low mood, reduce anxiety while benefiting sleep and appetite. An extra bonus of the group is that a cup of coffee and a slice of cake often awaits at the end of your journey.

**The Bowling Stones@ Brunswick Superbowl**

*Tuesday 12.30-2pm*

A physical and social outreach group that takes place in Brunswick Superbowl, Pennyburn. After 10 pin bowling, you can avail of lunch at a selection of cafe-restaurants, finishing up with a game of pool.

**Hairdressing**

*Wednesday 11am-1pm*

Our qualified hair stylist visits weekly – providing a range of cuts, styles and colours at great prices. Both males and females welcome.
**Keep fit @ Brooke Park Leisure centre**

**Monday and Wednesday 12.30pm-2pm**

Improve your fitness and activity levels with guidance, support and motivation. This group takes place at Brooke Park Leisure centre.

**Green spaces Allotment @ St.Columb’s Park**

**Wednesday’s 2pm-4pm**

Grow flowers and vegetables in a relaxed informal setting, with tea and coffee provided afterwards in St. Columb’s Park House.

**N Gage social group**

**Mondays-Thursday 10am-4pm, Sunday 1-5pm**

Meet with your peers, staff and volunteers in a relaxed setting. This social hub group has been a popular part of our service and continues to be flexible, enjoyable and invaluable to those who use it.

Lunch is available on Sunday and Wednesdays.

**Sweet Stems flower arranging**

**Tuesdays 2pm-3pm**

A user led group. This group uses a variety of methods to create flower arrangements to take home with you.

**Lived experience opportunities**

Over the past number of years, Inspire as an organisation have recognised and responded to the importance of meaningful service user involvement and its place within promoting recovery. Within Clarendon Street community wellbeing service there are many ways of getting involved – either locally in the scheme or regionally at various service user forums and events. Opportunities include:

- **Partnership meetings:** Take place monthly in the centre. This is an opportunity to have your say on what’s available within the service and inform the service locally.

- **Core skills Training:** Taking place on Tuesdays in November from 12.30-2.30pm, commencing on 07/11/17. This training is at level 3 and participants will learn skills to support them to get involved in various roles within Inspire, including co facilitating groups and taking part in monitoring standards in other schemes.

- **Recovery College:** Get involved in the local recovery college. Staff can support you to find out about the courses available locally and with getting enrolled.