

Healthy Living Workshops 2014

Managing Low Mood 2014

This workshop is to help you find out more about low mood and depression and possible causes, to explore ways of managing and preventing low mood. People who have experienced depression and want to prevent relapse may find it helpful. Aspects covered include; Challenge negative thoughts; Setting goals; Dealing with the perception of others.

Shirecliffe Community Centre, 349 Shirecliffe Road, S5 8XJ

Date	Day	Time
21 st January	Tuesday	1pm – 4pm
18 th August	Monday	10am – 1pm

Fairlawns Medical Centre, Middlewood Road, S6 1TT

Date	Day	Time
10 th February	Monday	10am – 1pm
6 th May	Tuesday	12pm – 3pm
19 th June	Thursday	12pm – 3pm
18 th September	Thursday	12pm – 3pm
3 rd December	Wednesday	10am – 1pm

Manor Library, Ridgeway Road, S12 2SS

Date	Day	Time
5 th March	Wednesday	10:30am – 1:30pm
2 nd April	Wednesday	10:30am – 1:30pm
2 nd July	Wednesday	10:30am – 1:30pm
8 th September	Monday	10:30am – 1:30pm
5 th November	Wednesday	10:30am – 1:30pm

Jordanthorpe Heath Centre, 146 Dyche Road, S8 8DT

Date	Day	Time
14 th March	Friday	12pm – 3pm
15 th July	Tuesday	10am – 1pm

Shiregreen Neighbourhood Centre, Westnall Road, Sheffield S5 0AA

Date	Day	Time
16 th April	Wednesday	10am – 1pm
17 th October	Friday	1pm – 4pm

Woodseats Methodist Church, Holmhiest Road, S8 0GS

Date	Day	Time
19 th May	Monday	10am – 1pm
1 st October	Wednesday	12pm – 3pm

Firth Park Clinic - North Quadrant, Firth Park, Sheffield, S5 6NU

Date	Day	Time
10 th June	Tuesday	1pm – 4pm
17 th November	Monday	1pm – 4pm

Managing Sleep Problems 2014

Sleep problems are very common; recent studies have found that approximately one third of the population are affected by sleep problems at some stage in their lives. The amount of sleep a person needs varies throughout their life depending on age and levels of activity. The workshop will deal with methods of coping and overcoming sleep problems. The workshop will therefore concentrate on ways to improve our sleep without using medication.

Woodseats Methodist Church, Holmhirst Road, S8 0GS

Date	Day	Time
22 nd January	Wednesday	10am – 1pm
2 nd October	Thursday	12pm – 3pm

Fairlawn's Medical Centre, Middlewood Road, S6 1TT

Date	Day	Time
17 th March	Monday	10am – 1pm
23 rd July	Wednesday	10am – 1pm
4 th November	Tuesday	10am – 1pm

Manor Library, Ridgeway Road, S12 2SS

Date	Day	Time
23 rd April	Wednesday	10:30am – 1:30pm
13 th August	Wednesday	10:30am – 1:30pm

Shiregreen Neighbourhood Centre, Westnall Road, Sheffield S5 0AA

Date	Day	Time
20 th May	Tuesday	1pm – 4pm

Jordanthorpe Heath Centre, 146 Dyche Road, S8 8DT

Date	Day	Time
20 th June	Friday	12pm – 3pm

Firth Park Clinic - North Quadrant, Firth Park, Sheffield, S5 6NU

Date	Day	Time
10 th September	Wednesday	10am – 1pm

Understanding Stress and Anxiety 2014

The aim of the session is to present an easily understandable process that describes how anxiety affects us, where stress occurs in our lives and some simple strategies to help us plan how we can best overcome these difficulties. The content will include an explanation of a 'Five Systems' cognitive behavioural model to help us identify what maintains our anxiety and stressors' and a group exercise in goal setting and learning basic problem solving strategies.

Firth Park Clinic - North Quadrant, Firth Park, Sheffield, S5 6NU

Date	Day	Time
27 th January	Monday	1pm – 4pm
30 th June	Monday	10am – 1pm

Fairlawn's Medical Centre, Middlewood Road, S6 1TT

Date	Day	Time
13 th February	Thursday	10am – 1pm
30 th April	Wednesday	12pm – 3pm
31 st July	Thursday	10am – 1pm
14 th October	Tuesday	12pm – 3pm
5 th December	Friday	10am – 1pm

Jordanthorpe Heath Centre, 146 Dyche Road, S8 8DT

Date	Day	Time
26 th February	Wednesday	10am – 1pm

Manor Library, Ridgeway Road, S12 2SS

Date	Day	Time
10 th March	Monday	10:30am – 1:30pm
14 th May	Wednesday	10:30am – 1:30pm
16 th June	Monday	10:30am – 1:30pm
17 th September	Wednesday	10:30am – 1:30pm
17 th November	Monday	10:30am – 1:30pm

Shirecliffe Community Centre, 349 Shirecliffe Road, S5 8XJ

Date	Day	Time
31 st March	Monday	10am – 1pm
29 th September	Monday	1pm – 4pm

Woodseats Methodist Church, Holmthirst Road, S8 0GS

Date	Day	Time
16 th April	Wednesday	10am – 1pm
15 th August	Friday	10am – 1pm

Shiregreen Neighbourhood Centre, Westnall Road, Sheffield S5 0AA

Date	Day	Time
30 th May	Friday	1pm – 4pm
29 th October	Wednesday	10am – 1pm

Jordanthorpe Heath Centre, 146 Dyche Road, S8 8DT

Date	Day	Time
18 th July	Friday	10am – 1pm

Assertiveness 2014

Assertiveness will enable you to develop the skills necessary for you to state your needs clearly and directly, deal with conflicts, and negotiate in meeting your needs. You will learn to distinguish between assertiveness, aggression, passivity and manipulation. Explore the cues of verbal and non-verbal communications (body language), self esteem, self-talk/belief systems and feelings, particularly anxiety and fear.

Fairlawn's Medical Centre, Middlewood Road, S6 1TT

Date	Day	Time
24 th January	Friday	10am – 3pm
29 th May	Thursday	10am – 3pm
27 th August	Wednesday	10am – 3pm

Firth Park Clinic - North Quadrant, Firth Park, Sheffield, S5 6NU

Date	Day	Time
17 th February	Monday	10am – 3pm

Woodseats Methodist Church, Holmhurst Road, S8 0GS

Date	Day	Time
27 th March	Thursday	10am – 3pm

Manor Library, Ridgeway Road, S12 2SS

Date	Day	Time
7 th May	Wednesday	10:30am – 1:30pm
28 th July	Monday	10:30am – 1:30pm
1 st December	Monday	10:30am – 1:30pm

Shirecliffe Community Centre, 349 Shirecliffe Road, S5 8XJ

Date	Day	Time
23 rd June	Monday	10am – 3pm

Jordanthorpe Heath Centre, 146 Dyche Road, S8 8DT

Date	Day	Time
30 th September	Tuesday	10am – 3pm

Shiregreen Neighbourhood Centre, Westnall Road, Sheffield S5 0AA

Date	Day	Time
27 th October	Monday	10am – 3pm

To attend a workshop please call us on 0114 226 4380