

## DETAILS OF UPCOMING FREE LIFT PSYCHOLOGY COURSES ACROSS SWINDON

These courses run on various days, at various times (both daytime and evening), at various venues throughout Swindon.

### Lift Psychology in Swindon Self-Help Courses – Details of Upcoming Courses

#### WHO WE ARE AND WHAT WE DO:

We're LIFT Psychology in Swindon, part of the NHS. We provide free courses aimed at helping you understand common problems you may be experiencing. We look at things that make the problem worse, and learn some techniques to better manage it.

They are taught courses, run along the lines of an evening-class. You will *not* be put on the spot and you will *not* be made to speak in front of the group.



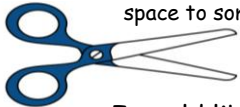
#### COURSE BOOKING AND CONTACT INFORMATION

All courses can be booked onto in the following ways:

- Via our website [www.lift.awp.nhs.uk](http://www.lift.awp.nhs.uk)
- By phoning us on **01793 835710** or **835711**
- Or by completing the slip below and returning it to: LIFT Psychology, Old Town Surgery, Curie Avenue, Swindon. SN1 4GB.

Please feel free to also contact us using the contact information above if you have any questions about our courses or our service.

We will give you a place on the course once we have received your slip. Due to admin costs, we **will not** contact you to confirm your place, so just come along on the day. If the course is filled prior to us receiving your application, we will contact you to make alternative arrangements. If you book on a course, but find you can no longer attend, please let us know so we can offer the space to someone else.



I would like to attend \_\_\_\_\_ (course name) starting on \_\_\_\_\_ (date) at \_\_\_\_\_ (time).

Name \_\_\_\_\_ DOB \_\_\_\_\_

Address (inc postcode) \_\_\_\_\_

Tel \_\_\_\_\_ Okay to leave message? Y/N GP Surgery \_\_\_\_\_

How did you hear about the course? \_\_\_\_\_

Do you have any special requirements we should be aware of? (e.g. sight, hearing, mobility, literacy) \_\_\_\_\_

#### April to June 2014 Details of Upcoming Courses

Please note that we recommend that you complete the Stress and Mood Management course before completing our other courses, except where courses are marked with a star (\*)

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Course	Course Start Date	Venue
<p><b>Stress and Mood Management (6 weeks unless otherwise stated)</b>                      This course introduces Cognitive Behavioural Theory as a method of effectively reducing difficult emotions such as stress, anxiety, depression and anger.</p> <p>All courses are 6 consecutive weeks unless otherwise stated.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b>                      Thursday 3<sup>rd</sup> April 2014                      Thursday 17<sup>th</sup> April 2014                      Tuesday 29<sup>th</sup> April 2014                      Monday 12<sup>th</sup> May 2014 (with a break on 26<sup>th</sup> May 2014)                      Thursday 29<sup>th</sup> May 2014                      Wednesday 11<sup>th</sup> June 2014                      Tuesday 24<sup>th</sup> June 2014</p> <p><b>Daytime Courses (times as stated)</b>                      Tuesday 8<sup>th</sup> April 2014                      Tuesday 22<sup>nd</sup> April 2014                      Wednesday 7<sup>th</sup> May 2014 (5 weeks)                      Thursday 29<sup>th</sup> May 2014                      Monday 2<sup>nd</sup> June 2014                      Tuesday 17<sup>th</sup> June 2014</p> <p><b>One-day Saturday Courses (run 10:00-16:00)</b>                      Saturday 24<sup>th</sup> May 2014                      Saturday 21<sup>st</sup> June 2014</p>	<p>New College (Room AG04)                      Old Town Surgery                      Old Town Surgery                      Old Town Surgery                      New College (Room AG04)                      Old Town Surgery                      Old Town Surgery</p> <p>West Swindon Asda (1:30 - 3:30)                      Upper Stratton Library (12:30 - 2:30)                      West Swindon Asda (1:30 - 3:30)                      Robert Le Kyng Children's Centre (1 - 3)                      Toothill Farmhouse (1 - 3)                      Wroughton Health Centre (11 - 1)</p> <p>Old Town Surgery                      Old Town Surgery</p>
<p><b>Beating Low Self-Esteem (6 weeks)</b>                      This course aims to help you understand how low self-esteem is maintained, and teaches ways to break this cycle.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b>                      Thursday 24<sup>th</sup> April 2014                      Monday 2<sup>nd</sup> June 2014</p> <p><b>Daytime Courses (times as stated)</b>                      Thursday 1<sup>st</sup> May 2014</p>	<p>Old Town Surgery                      Old Town Surgery</p> <p>Old Town Surgery (1 - 3)</p>

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<p><b>Principles and Practice of Relaxation* (3 weeks)</b> This course will provide the space to learn and practice a range of simple relaxation and mindfulness techniques.</p>	<p><b>Evening Courses (all run 18:30-19:30)</b> Wednesday 21<sup>st</sup> May 2014</p> <p><b>Daytime Courses (times as stated)</b> Wednesday 30<sup>th</sup> April 2014</p>	<p>Old Town Surgery</p> <p>Old Torn Surgery (1 - 2)</p>
<p><b>Managing Panic, Anxiety and Worry* (6 weeks)</b> This course considers the many forms anxiety can take. It examines the physical symptoms of anxiety, the thought processes involved and then focuses on changing the behaviours which help maintain anxiety.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> Wednesday 2<sup>nd</sup> April 2014 Thursday 17<sup>th</sup> April 2014 Wednesday 23<sup>rd</sup> April 2014 Monday 12<sup>th</sup> May 2014 (with a break on 26<sup>th</sup> May) Tuesday 17<sup>th</sup> June 2014</p> <p><b>Daytime Courses (times as stated)</b> Thursday 10<sup>th</sup> April 2014 Tuesday 29<sup>th</sup> April 2014 Monday 9<sup>th</sup> June 2014</p>	<p>Old Town Surgery Old Town Surgery New College (Room AF03) Old Town Surgery New College (Room AG04)</p> <p>Old Town Surgery (1:30 - 3:30) Salt Way Children's Centre (1:30 - 3:30) Upper Stratton Library (2:30 - 4:30)</p>
<p><b>CALM: An Introduction to Mindfulness and Relaxation Practice* (6 weeks)</b> CALM stands for Cultivating Awareness and Living Mindfully. This course introduces you to a range of techniques for relaxing the body, calming the mind and living more fully in the present moment. We can often live our lives on "auto-pilot" and react habitually to situations in unhelpful ways. Mindfulness allows us to be more flexible in our response to the stresses of life, to be less driven and distressed by our thoughts and emotions, and to appreciate each moment of life more fully.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> Wednesday 2<sup>nd</sup> April 2014 Wednesday 14<sup>th</sup> May 2014 Thursday 5<sup>th</sup> June 2014</p> <p><b>Daytime Courses (times as stated)</b> Wednesday 28<sup>th</sup> May 2014 (with a break on 11<sup>th</sup> June)</p> <p><b>One-day Saturday Courses (run 10:00-16:00)</b> Saturday 12<sup>th</sup> April 2014 Saturday 31<sup>st</sup> May 2014</p>	<p>Old Town Surgery Old Town Surgery New College (Room AF03)</p> <p>Old Town Surgery (10:30 - 12:30)</p> <p>Old Town Surgery Old Town Surgery</p>

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<p><b>Anger Awareness (6 weeks)</b> This course aims to help you stay in charge of your actions by managing strong feelings in a positive way.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> Monday 2<sup>nd</sup> June 2014</p> <p><b>One-day Saturday Courses (run 10:00-16:00)</b> Saturday 26<sup>th</sup> April 2014</p>	<p>New College (Room AF03)</p> <p>Old Town Surgery</p>
<p><b>Coping With Depression and Low Mood (6 weeks)</b> This course looks at the nature of low mood and depression and demonstrates different methods of dealing with this difficult emotional experience.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> Thursday 5<sup>th</sup> June 2014</p> <p><b>Daytime courses (times as stated)</b> Thursday 5<sup>th</sup> June 2014</p>	<p>Old Town Surgery</p> <p>Ridge Green Medical Practice (10 - 12)</p>
<p><b>Moving On from Separation and Divorce (6 weeks)</b> This is course is suitable for people at least 6 months post crisis. This course aims to help you understand the emotional processes you are experiencing after the initial crisis of a relationship ending. It will help you identify steps forward and will discuss how to prevent similar problems occurring in your next relationship.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> Tuesday 6<sup>th</sup> May 2014</p>	<p>New College (AF03)</p>
<p><b>Effective Relationships and Good Communication (5 weeks)</b> This course looks at how and why we feel misunderstood and what we can do to communicate better in all our relationships.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> Thursday 29<sup>th</sup> May 2014</p>	<p>Old Town Surgery</p>

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<p><b>Bereavement Support Group* (6 weeks)</b> This group is aimed at those coming to terms with a significant loss and are finding it difficult to adjust. Group participation is encouraged, but it entirely up to you how much you choose to share.</p> <p>Please note – due to the natural grieving process, this course may not be suitable for people bereaved within the last 6 months.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> Wednesday 21<sup>st</sup> May 2014</p> <p><b>Daytime Courses (times as stated)</b> Wednesday 16<sup>th</sup> April 2014</p>	<p>New College (Room AG04)</p> <p>Wroughton Health Centre (1:30 - 3:30)</p>
<p><b>Handling Stress at Work* (5 weeks)</b> This course, run jointly by the Psychology Team and Richmond Fellowship Employment Specialists, is open to anyone suffering from job-related stress problems.</p>	<p><b>Daytime Courses (times as stated)</b> TBC</p> <p><b>One-day Saturday Courses (run 10:00-16:00)</b> TBC</p>	
<p><b>Work Smart, Work Savvy (6 weeks)</b> This course will help you develop effective coping strategies to manage stress, anxiety and low mood in the workplace, so that you can take control and stop things getting on top of you.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> TBC</p>	
<p><b>Opening Doors to Work (3 weeks)</b> This workshop is for people who want to work but find that worries, fears and low mood stop them from looking or making effective applications. It will explore motivation, negative mood, purpose, resistance and planning – to help you open doors to work opportunities.</p>	<p><b>Daytime Courses (times as stated)</b> TBC</p>	

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<p><b>Building Confidence (4 weeks)</b> This course explores what confidence is. It offers ideas for building confidence and opportunities to practice activities which will help you develop it. Please note – Although there is the opportunity to practice in small groups, people are free to participate as much or as little as they choose to.</p>	<p><b>Evening Courses (run 18:30-20:30)</b> Wednesday 25<sup>th</sup> June 2014</p>	<p>Old Town Surgery</p>
<p><b>Developing Skills in Assertiveness (1 day)</b> This course looks at some reasons why we have difficulties giving our opinions, saying “no” or receiving criticism. It gives techniques to overcome this, and offers the opportunity to practice these techniques in a supportive environment.</p>	<p><b>One-day Saturday Courses (run 10:00-16:00)</b> Saturday 7<sup>th</sup> June 2014</p>	<p>Old Town Surgery</p>
<p><b>Managing Sleep Difficulties* (5 weeks)</b> This course is for people experiencing sleep difficulties such as not sleeping enough, disrupted sleep or early morning waking. The course aims to help you understand your sleep difficulties, and provide you with techniques which can help to cope with and overcome them.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> Tuesday 27<sup>th</sup> May 2014</p> <p><b>Daytime Courses (times as stated)</b> Monday 2<sup>nd</sup> June 2014</p>	<p>Old Town Surgery</p> <p>Goddard Park Children’s Centre (1 - 3)</p>
<p><b>Wellbeing After Baby* (5 weeks)</b> This course is for Mums experiencing low mood or anxiety to learn about coping strategies, and talk with other adults in a supportive group. Everyone understands how hard it is to go to something new – give the first week a try, no-one in the group will be put on the spot at any point.</p>	<p><b>Daytime Courses (times as stated)</b> Monday 12<sup>th</sup> May 2014 (with a break on 26<sup>th</sup> May)</p>	<p>Wroughton Health Centre (1 - 3)</p>

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<p><b>Managing Type 1 Diabetes* (5 weeks)</b> This course will help you understand type 1 diabetes, and explore how to do and think about things differently so that you can better manage the condition.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> TBC</p>	
<p><b>Managing Type 2 Diabetes* (5 weeks)</b> This course will help you understand type 2 diabetes, and explore how to do and think about things differently so that you can better manage the condition. It is run by the psychology team and a Diabetes Nurse.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> Monday 12<sup>th</sup> May 2014 (with a break on 26<sup>th</sup> May 2014)</p>	<p>New College (Room AG04)</p>
<p><b>Managing Chronic Fatigue* (5 weeks)</b> The course aims to help you understand chronic fatigue, including the things that make it worse, and to learn some techniques to better cope with it.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> Thursday 29<sup>th</sup> May 2014</p> <p><b>Daytime Courses (times as stated)</b> Thursday 1<sup>st</sup> May 2014</p>	<p>Old Town Surgery</p> <p>Goddard Park Children's Centre (10 - 12)</p>
<p><b>Managing Long Term Pain* (5 weeks)</b> This course aims to help you understand long term pain, including the things that make it worse, and to learn some techniques to better cope with it.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b> Wednesday 7<sup>th</sup> May 2014</p> <p><b>Daytime Courses (times as stated)</b> Wednesday 2<sup>nd</sup> May 2014</p>	<p>Old Town Surgery</p> <p>Toothill Farmhouse (1:30 - 3:30)</p>
<p><b>Managing Fibromyalgia* (5 weeks)</b> This 5 week course looks at building an understanding of fibromyalgia, including things that make it worse and some techniques to help you better manage it. It has additional input from a physiotherapist who works with fibromyalgia.</p>	<p><b>Daytime Courses (times as stated)</b> Tuesday 6<sup>th</sup> May 2014</p>	<p>Old Town Surgery (3 - 5)</p>

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<p><b>Managing Irritable Bowel Syndrome* (IBS) (5 weeks)</b>          This course aims to help you understand IBS, including the things that make it worse, and to learn some techniques to better manage it. It is run by a dietician and a member of the psychology service.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b>          Tuesday 1<sup>st</sup> April 2014</p>	<p>Old Town Surgery</p>
<p><b>Cardiac Stress Management* (5 weeks)</b>          This free course is for people who have cardiac problems (including people who have had a heart attack, angina, heart surgery, and heart failure). It is run by members of the psychology service with additional input from a Cardiac Nurse.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b>          TBC</p>	
<p><b>Managing Your Weight &amp; Changing Your Lifestyle* (5 weeks)</b>          This course looks at ways to overcome the difficulties of change for those who need extra help to put their weight management into practice. It also covers topics such as healthy eating and managing unhelpful thoughts, with additional input from a Dietician.</p>	<p><b>Evening Courses (all run 18:30-20:30)</b>          Thursday 10<sup>th</sup> April 2014</p> <p><b>Daytime Courses (times as stated)</b>          Wednesday 18<sup>th</sup> June 2014</p>	<p>New College (Room AF03)</p> <p>Butterflies Children's Centre (1 - 3)</p>
<p><b>Managing Fits and Faints* (5 weeks)</b>          This course is aimed towards individuals who experience fits and/or faints , for which there is no known cause. Diagnoses such as 'non-epileptic attack disorder' and non-epileptic seizures' are often given to these circumstances. This course aims to help you understand more about this and ways to better manage it.</p>	<p><b>Daytime Courses (times as stated)</b>          TBC</p>	

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<p><b>Managing Multiple Sclerosis* (MS) (5 weeks)</b> This free course considers the impact of multiple sclerosis on people's emotional wellbeing and teaches techniques to improve quality of life. It will teach skills in areas like how best to relax, manage unhelpful thoughts, and set goals.</p>	<p><b>Daytime Courses (times as stated)</b> Wednesday 30<sup>th</sup> April 2014</p>	<p>Old Town Surgery (10 - 12)</p>
<p><b>Managing Asthma* (5 weeks)</b> This course aims to help you understand more about asthma and ways to better manage it by learning to do and think about things differently.</p>	<p><b>Daytime Courses (times as stated)</b> TBC</p>	
<p><b>Managing Chronic Pelvic Pain and Endometriosis* (5 weeks)</b> This course helps people understand what chronic pelvic pain (including endometriosis) is, and ways to better manage it. It is run by a specialist nurse and a member of the psychology team.</p>	<p><b>Daytime Courses (times as stated)</b> TBC</p>	
<p><b>Living Well after Stroke* (5 weeks)</b> This course considers the impact of stroke on people's wellbeing and teaches techniques to improve quality of life. This will include skills in relaxation, managing unhelpful thoughts and setting goals. It is run by a member of the stroke service and a member of the psychology team.</p>	<p><b>Daytime Courses (times as stated)</b> Friday 11<sup>th</sup> April (with a break on 18<sup>th</sup> April)</p>	<p>Old Town Surgery (10 - 12)</p>

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<p><b>Stress &amp; Mood Management for Stroke Carers* (5 weeks)</b>          This course is aimed specifically for people who care for someone who has had a stroke. We will discuss the various ways in which stroke can impact on individuals, and also the impact on caring for someone affected in this way. We will also discuss techniques to help manage the stress associated.</p>	<p><b>Daytime Courses (times as stated)</b>          TBC</p>	
<p><b>Managing Chronic Fatigue, Long Term Pain or Fibromyalgia Refresher Session* (one-off session)</b>          This session aims to refresh your memory of the techniques covered and problem-solve any issues arising from the Managing Chronic Fatigue, Coping with Long-Term Pain and Coping with Fibromyalgia courses. We also acknowledge and celebrate your successes in relation to the course.</p>	<p><b>Daytime sessions (times as stated)</b>          TBC</p>	
<p><b>Coping with Obsessive Compulsions (12 weeks)</b>          This course aims to help you understand obsessive thoughts and compulsions, including ways to reduce them and the impact they have on your life.</p> <p>Please note – this course is only available to those who have been referred by a member of the psychology team or a health professional.</p>	<p><b>Daytime Courses (times as stated)</b>          TBC</p>	

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<p><b>Emotion Regulation (7 weeks)</b> This course will teach skills that can be used to process emotions and manage high levels of distress</p> <p>Please note – this course is only available to those who have been referred by a member of the psychology team or a health professional.</p>	<p><b>Daytime Courses (times as stated)</b> Monday 12<sup>th</sup> May 2014 (with a break on 26<sup>th</sup> May)</p>	<p>Old Town Surgery (1:30 - 3:30)</p>
<p><b>Compassionate Mind (8 weeks)</b> The course is aimed for those individuals who, despite engaging with CBT, still experience a high degree of self-criticism and difficulty in believing alternative rational thoughts/beliefs, completing positive data logs etc.</p> <p>Please note – this course is only available to those who have been referred by a member of the psychology team or a health professional.</p>	<p><b>Daytime Courses (times as stated)</b> TBC</p>	
<p><b>Mindfulness-based Cognitive Therapy (8 weeks)</b> This course is aimed at people who have had several previous episodes of depression but are not currently experiencing excessively low mood. It introduces mindfulness as a way of reducing the risk of depressive relapse. It involves a significant level of commitment to mindfulness practice both in and between sessions.</p> <p>Please note – this course is only available to those who have been referred by a member of the psychology team or a health professional.</p>	<p><b>Daytime Courses (times as stated)</b> Wednesday 7<sup>th</sup> May 2014 (with a break on 11<sup>th</sup> June) Thursday 29<sup>th</sup> May 2014</p>	<p>Old Town Surgery (1:30 - 3:30) Old Town Surgery (1:30 - 3:30)</p>

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<b>Eating Contemplation / Action Groups (8 weeks)</b> These courses encourage people to reflect on their problematic relationship with eating and start contemplating / making changes. The workshops are aimed at individuals who might identify with labels such as anorexia nervosa, bulimia nervosa or binge eating disorder, or aspects of these.	<b>Daytime Courses (times as stated)</b> TBC	
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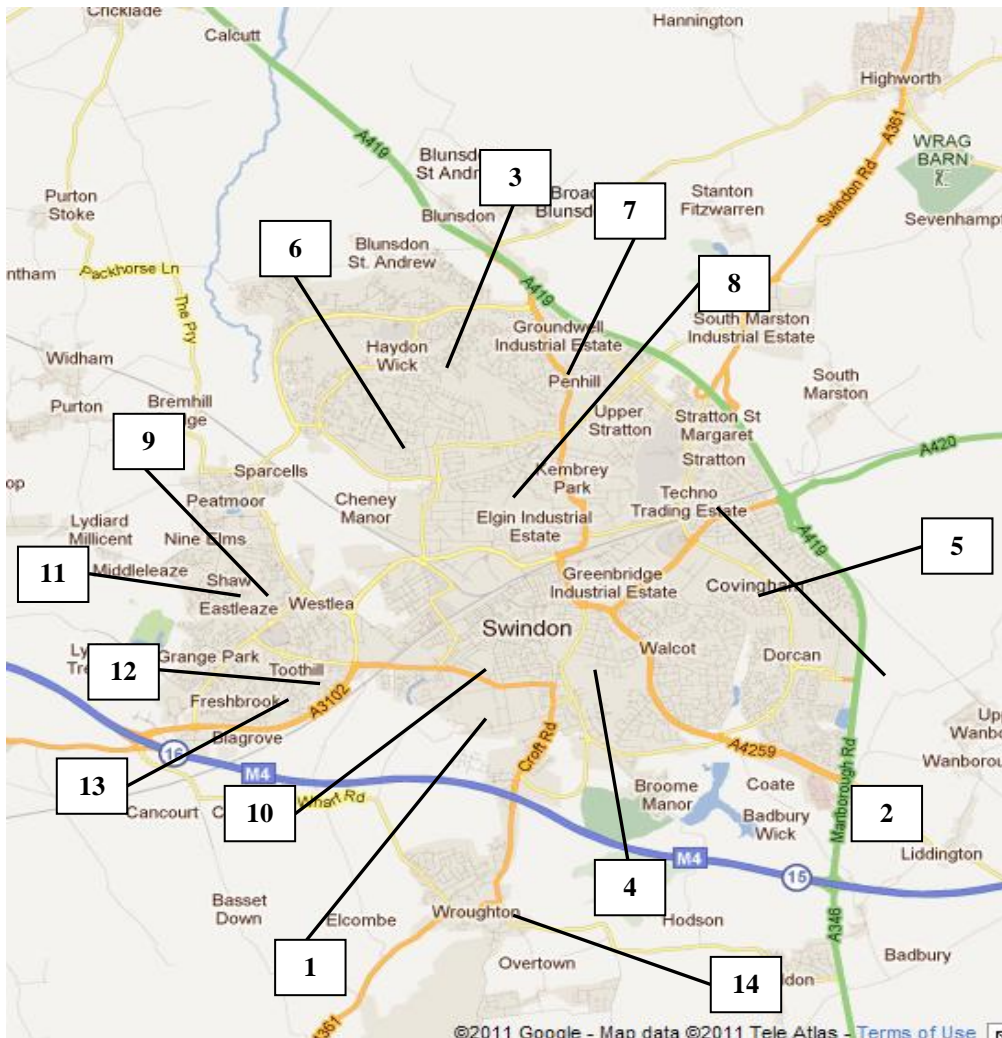
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### Venue Information

Detailed venue maps can be found on our website [www.lift.awp.nhs.uk](http://www.lift.awp.nhs.uk) or can be posted to you on request.



1. **Old Town Surgery**, Curie Avenue, Okus. SN1 4GB. On-road parking and disabled access available.
2. **New College**, New College Drive, Swindon, SN3 1AH. Car park and disabled access available.
3. **Butterflies Children's Centre**, Abbey Meads Community Primary School, Hugo Drive, SN25 4GY. On-road parking and disabled access available.
4. **Drove Children's Centre**, Drove Road, SN1 3AH. Car park and disabled access available.
5. **Goddard Park Children's Centre**, Welcombe Avenue, SN3 2QN. Car park, on-road parking and disabled access available.
6. **Moredon Children's Centre**, Montrose Close, Moredon, SN2 2JR. On-road parking and disabled access available.
7. **Penhill Children's Centre**, Everleigh Road, Penhill, SN2 5HB. Car park, on-road parking and disabled access available.
8. **Pinehurst Surestart Children's Centre**, Beech Avenue, Pinehurst, SN2 1JR. On-road parking and disabled access available.
9. **Ridge Green Medical Practice**, Ramleaze Drive, Shaw, SN5 5PX. Car park, on-road parking and disabled access available.
10. **Robert Le Kyng Children's Centre**, Westcott Street, SN1 5HS. Car park and disabled access available.
11. **Saltway Children's Centre**, Pearl Road, Middleleaze, SN5 5TD. Car park and disabled access available.
12. **Toothill Farmhouse**, Bodiam Drive, Toothill, SN5 8BE. Car park and disabled access available.
13. **West Swindon Family Centre**, 15 Gainsborough Way, Freshbrook, SN5 8PD. On-road parking and disabled access available.
14. **Wroughton Health Centre**, Barrett Way, Wroughton, SN4 9LW. Car park and disabled access available.

Detail

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