

# WELLBEING TORBAY

## ‘Similar People’ Peer Support FREE Courses

For people over the age of 50  
February 2020 - July 2020

“The tutors  
were wonderful  
and inspiring”

“Thank you,  
this course has  
improved my life”

“Has made me  
feel less weak and  
less alone”

## January 2020 - July 2020

Our Learners are looking to meet others with shared or similar experiences. People wishing to find ways to manage their own health and wellbeing more effectively.

Our tutors bring a broad range of expertise to the courses they create and deliver, including specialist knowledge, teaching or training experience, experience of working in the field of mental health, together with relevant lived experience of mental health issues. These are all vital ingredients in the production and delivery of all our courses.

Our approach is relaxed, informed by what we have learned that helps to instil hope, opportunities for learning and giving back a sense of control. We do not take referrals except from the person themselves who wishes to attend the course or session.



## Developing an understanding to improve our self-esteem

### 5-week course

This course is for people who are experiencing low self-esteem in some area or areas of their lives. It is common for people to have times in their lives when they doubt themselves, lack confidence or are critical of aspects of themselves or their achievements. Starting to develop an understanding of what might have contributed to this can be helpful in developing ways to support ourselves more positively.

To book on this course please see booking details.

#### Course 1- Whitely Court Paignton

Jane Eastwood and Abbey Cliff

Wednesdays: 12.30-2.30

12th, 19th, 26th Feb 4th and 11th March

#### Course 2- Windmill Centre Torquay

Jane Eastwood & Co-trainer TBC

Mondays: 10.30-12.30

30th March 6th, 20th and 27th April and 4th of May

## Loss and Grief

### A six-week course

This course is for anyone who wants to understand and begin to navigate the experience of grief and to feel less alone on this journey. We experience through our lives many losses and these experiences can feel difficult to manage on our own, meet others with similar experiences.

#### Course 1: Whitley Court Paignton

Jane Eastwood and Abbey Cliff

Wednesdays 12.30pm - 2.30pm

May 20th, 27th, June 3rd, 10th, 17th & 24th June

#### Course 2: Windmill Centre Torquay

Jane Eastwood and Co-trainer TBC

Mondays 10.30am - 12.30pm

1st, 8th 15th, 22nd, 29th June and 6th July



## DE-Cluttering Course

### 5 week course

Do you find it difficult to decide what to keep or throw away? Do you feel you hoard or collect things and that this is making you: Unhappy or stressed, then this course is for you.

We will cover the following:

- Start to understand your behaviour and how to move forward
- Meet others who have similar experiences and get support
- Finding ways to address these issues successfully
- Find productive ways to hold onto memories and treasured-Possessions

**Venue: Paignton Carers Centre, The Drummond Suite, Room 17, First Floor, Paignton Library**

Tuesdays 10.30am-12.30pm

March 3rd, 10th, 17th 24th and 31st

Natalie Townsend and Jane Eastwood  
(there are limited places available on this course) For more information contact Jane Eastwood on [jane@ageuktorbay.co.uk](mailto:jane@ageuktorbay.co.uk)

## HOPE Courses

### Help Overcoming Problems Effectively

It aims to help you to achieve some of the following positive outcomes and to:

- Feel more able to support and share your experiences with others to help you feel less isolated
- Feel reassured and able to recognise your own potential and enhance your happiness and quality of life
- Feel more confident in dealing with emotional issues such as anxiety, anger, depression and uncertainty
- Increase your ability to handle stressful situations
- Discover how to use relaxation techniques to refresh your mind and body
- Learn how to make plans and achieve goals that are important to you that can help you make changes for the better
- Use the skills from the course to improve and self-manage your life

#### Course 1: FOR ALL - Mondays 2-4pm

16th 23rd 30th March 6th, 20th, 27th April.

Sessions will be held at the Windmill Centre in Torquay.

#### Course 2: FOR ALL - Wednesdays 12.30-2.30pm

April 1st, 8th, 15th, 22nd 29th and 6th of May.

Sessions will be held at Whitley Court in Paignton.

#### Course 3: FOR MEN - Mondays 2pm – 4pm

June 1st, 8th, 15th, 22nd, 29th and 6th July.

Sessions will be held at the Windmill Centre Torquay.

Course Tutors will be staff and Volunteers from Age UK Torbay.

## Tasters at the Stepping Out Group

Have fun and meet new people and start to understand how you can manage your own wellbeing more effectively. Everyone in the group has experienced their own challenges to their health and wellbeing and the group is small and supportive. This is the first step to exploring new opportunities.

STAFF: This group is a closed group, so anyone you feel would benefit please speak and book through Mandie Giles.

### Wednesdays 2pm -4pm

**26th February: Self-esteem – Wellbeing Torbay**

**26th February: 1st Aid Taster Session with The Red Cross - One off**

**25th March: Chair Based Pilates Session with Teri - Taster**

**29th April: Visit from Torquay Museum - One off**

**27th May: Personal Boundaries with Step one - Taster**

**27th May: Personal Boundaries - Step one**

**24th June: Visit to Tessier Gardens for short walk - One off**

**29th July: Mindfulness with Teri - One off**

**26th August: Torre Abbey - One off**

**30th September: De-Cluttering with Jane Eastwood - Taster**

**October: Healthy lifestyles TBC**

**25th November: Resilience – Step one - Taster**

**All sessions will be held at the Corinthian Club St Marychurch, Torquay.**

BOOKING IS A MUST Please contact: Mandie Giles.

Tea/coffee and biscuits are provided

All the courses are FREE unless otherwise stated.  
For ALL courses there is a need to complete paper-work on the first and last week.



For further information on all the courses please contact:

**Jane Eastwood 07548 704862 or Mandie Giles: 07715 667809  
or email [training@ageuktorbay.org.uk](mailto:training@ageuktorbay.org.uk)**

## **BOOKING IS ESSENTIAL FOR ALL COURSES.**

Booking forms available from:

[www.ageuk.org.uk/torbay/services/wellbeing/wellbeing-courses/](http://www.ageuk.org.uk/torbay/services/wellbeing/wellbeing-courses/)

If you don't have access to a computer please contact Mandie or Jane who will post one to you to be completed and sent back.

### Venue Details:

The Windmill Centre: Pendennis Road, Hele Torquay TQ2 7QR  
EVERY Monday from 10am - 1pm a community café called the Catch-Up Cafe runs with a menu which includes breakfast as well as weekly specials.

Whitley Court, Hayes Road, Paignton, TQ4 5XW

Taste restaurant is open to residents and members of the public from 8.30am – 2.30pm for breakfast, lunch and snacks.



E: [training@ageuktorbay.org.uk](mailto:training@ageuktorbay.org.uk)

W: [www.ageuktorbay.org.uk](http://www.ageuktorbay.org.uk)



**Torbay and South Devon**  
NHS Foundation Trust

If you would like to know about more courses in Devon & Torbay please see The Devon Recovery Learning website:  
<https://devonrlc.co.uk>

@AgeUKTorbay  
@AgeUKTorbay

