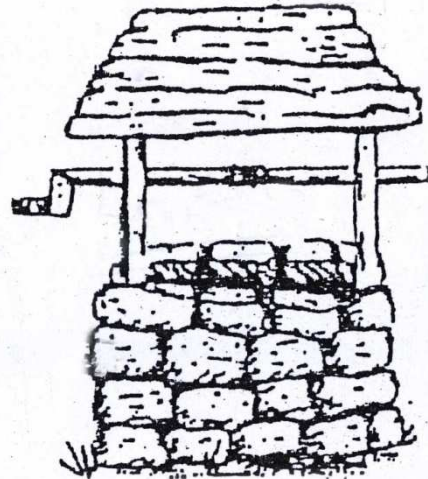


SPRINGWELL CENTRE



Promoting Personal Growth,
Family Life and Community Development

Spring 2010

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www.springwellcentre.com

SPRINGWELL CENTRE

Springwell Centre is a non-denominational, non-political, anti-sectarian centre, which aims to enhance personal growth, family life and community development.

The Centre name reflects many of its ideals.

Springwell directors, staff and users share a vision of a world where the giftedness of each individual woman and man is recognised and celebrated.... A world where parents and children live in mutual respect...a world where each individual has the opportunity to explore and develop what is hidden in him/herself...a world characterised by equity among people...a world which nurtures harmony with self, family, others, nature and God.

It is our hope that this vision will begin to take shape and become a reality in this centre of hospitality, which seeks to serve everyone in the community, regardless of their background or circumstances.

We hope that in an atmosphere of mutual respect, we may grow together towards personal wholeness, harmony in family life and for one another.

OBJECTIVES

1. To provide opportunities for family enrichment.
2. To provide preventative support for families.
3. To provide opportunities for enhancing self-esteem and self-confidence, by deepening awareness, understanding and appreciation of one's own resources.
4. To empower individuals and communities to address issues of concern to them in their physical and social environment.

MONDAY

BETTER CHOICES FOR A HEALTHIER LIFE

A COURSE FOR WOMEN WHO WANT TO IMPROVE THEIR HEALTH AND WELLBEING.

This course takes the form of a series of workshops on health topics such as:

Health and Wellness; Stress management ; Understanding and coping with Depression; Children's health; Women's Health; Addiction to prescription and over the counter medication.

The exact topics will be decided by the group.

This course is being delivered in partnership with Mc Keagney's Pharmacy and is funded by CDHN. It will provide an opportunity for community members and our local pharmacy to learn from each other about issues affecting health. The pharmacist knows the medical facts, but the community members know the social context. Each can and will learn from the other.

This exciting course will include discussions, information, and trips & outings to relevant sites.

A certificate of completion will be awarded.

Participants will be asked to commit to completing the course, lasting from September 2009 to June 2010

DATE: Monday 7th September 2009

TIME: 10:00 a.m. – 12:30 p.m.

COST: As CDHN have generously funded this course ,Springwell Centre is pleased to be able to offer 15 places at no cost to participants. However, we would welcome a weekly donation of £1.00 to cover running costs

STEPS TO EXCELLENCE

This very popular personal development course, STEPS, is based on proven Cognitive Psychology principles. It introduces a number of ideas to show that the way we think affects our everyday life and even how we feel. By learning and using new thinking skills, we can build a better life, make positive plans for the future and achieve our goals.

STEPS can help you

- Understand why you think, feel and act as you do
- Look at self talk, and how it affects daily life
- Find out what's relevant from the past and what isn't
- Increase your confidence and believe in your own ability
- Set and achieve goals
- Feel good about yourself.

DATE: Monday 18th January 2010

TIME: 7:00 – 9:30 pm

Three OCN Level 2 credits are awarded on completion of STEPS.

As this is a popular class and places are limited you are advised to book early.

TUESDAY

OCR WORD PROCESSING: STAGES 1-3

DATE : 11th January 2010

TIME: 9:30 a.m. – 11:30 a.m.

If you are interested in Word Processing please phone the Centre to book a place in a future class.

Limited crèche places available.



ESSENTIAL SKILLS COMPUTERS

This 16 week course is designed for complete beginners. It introduces word processing, the Internet, e-mails and much more. OCN credit is awarded on completion.

Enrolment (essential)

Tuesday 2nd February 11:30 am – 12.30pm

Class begins Tuesday 23rd February 11:30 – 2:00pm

Limited crèche places available

WEDNESDAY

STEPS TO EXCELLENCE

This very popular personal development course is also available on Monday evening. For details see Monday above.

DATE: Wednesday 20th January 2010

TIME: 10:00 – 10:30 pm

Three OCN Level 2 credits are awarded on completion of STEPS.

DEVELOPING PARENTING SKILLS

For parents of primary school children.

This 8 week course will support parents in promoting positive behaviour and developing their children's self esteem and self confidence.

Three OCN Credits at level 2 may be achieved on completion.

Places limited, so please book now!

DATE: Wednesday 14th April 2010

TIME: 10:00 am – 12:30 pm

COST: £20

Limited crèche places. Please book early to avoid disappointment

THURSDAY

PARENT SUPPORT GROUP

The parent support group is a partnership between Springwell Centre and Southern Health and Social Care Trust, Young Persons Project.

This 10-week course for parents of young people aged between 11-18 years addresses the following topics:

- ❖ Communicating with your young person
- ❖ Behaviour management
- ❖ Educational concerns
- ❖ Anti-social behaviour
- ❖ Looking after your own needs

Parents who are experiencing difficulties with their young person at home, in school or in the community are invited to phone Paula on 38347222 or Anne on 38391155 for referral to this group.

Parents who complete the programme may go on to join The Parenteen Association, an ongoing peer support group which provides opportunities for training and personal development.

DATE: Thursday 14th January 2010

TIME: 10:30 am – 12:30 p.m.

COST: There is no fee for this course, as it is subsidised by Southern Health and Social Care Trust.

FRIDAY

ESOL (for Polish speakers)

We are pleased at the growing number of Polish families who use Springwell's services.

In response to their requests we now offer an English Language class in partnership with Southern Regional College.

DATE: Friday 25th September 2009 (ongoing)

TIME: 9:30 am – 11:30
11:30 am – 1:30

COST: There is no fee for this class, as it is subsidised



A number of other services are available for the Polish community.

Please contact Gabriela 38347222 if you require any information on the other Polish services we offer.

SUPPORT AND ENCOURAGEMENT

We will be pleased to meet with you, to help you decide which of our services meets your needs.

It may be personal or family support, adult company while your pre-school child plays in the crèche, a class, support in reaching your potential or encouragement to return to education.

Perhaps you would like to speak to a counsellor or therapist in confidence about a problem or concern.

Please feel free to call in or telephone the centre: 38347222 for further information.

SPRINGWELL AT A GLANCE

At the Centre we offer:

- ❖ A place of welcome for everyone
- ❖ A place that encourages you to grow
- ❖ A place that supports and encourages families
- ❖ A place where women, in particular, can meet and share experiences
- ❖ Opportunities for adult education
- ❖ Support programmes for parents
- ❖ Confidential counselling/therapy for adults or children
- ❖ A small, supervised crèche (Crèche places are limited and need to be booked in advance).

COUNSELLING/THERAPY

Springwell offers confidential counselling/ psychotherapy/family therapy to adults, children, young people, couples and families. Our counsellors can help you address a wide range of issues which may include:

- ❖ Bereavement: death or loss of any kind;
- ❖ Depression;
- ❖ Anxiety;
- ❖ Low self esteem;
- ❖ Relationships: marital/partnership difficulties, early childhood issues and social or family relationships;
- ❖ Abuse in all its forms: emotional, physical, psychological and sexual.

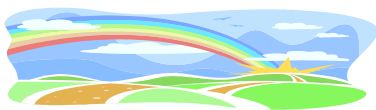
Our child therapist can help your child to deal with a range of issues, including bullying, bereavement, parental separation, and low self-esteem.

The support of local donors enables us to offer this service at a reduced rate. We do not therefore charge a set fee for therapy, but we invite a voluntary donation according to means. The usual range is between £40 and £5 per session.

Telephone the Centre –38 347 222 – to arrange an appointment.

SUPPORT SERVICES

RAINBOWS



‘It doesn’t have to hurt forever’

Rainbows is a peer support group for children who are grieving the loss of a loved one through death, divorce or separation.

Small groups of children/young people meet in a warm, supportive environment. Trained facilitators guide the children towards healing and renewed confidence.

For information, contact Paula 38347222.

ANEW (Able and New Women)

A self-help group for women who have a problem with alcohol.

The meeting complements A.A and takes place on Monday mornings 10:30am – 11:30am
Open to any woman who thinks it meets her need.

Please contact Patricia for an initial introduction on 38347222

SUPPORT FOR POLISH FAMILIES

- **Parent and Toddler Group.**
- **Parent and Child Afterschool Club.**
- **ESOL**
- **Advice, support, interpreting service.**

Contact Gabriela for details 38347222

REFERRALS

Everyone is welcome at Springwell, regardless of background, ability/disability, religion, race, political opinion or sexual orientation.

We welcome referrals from a wide range of sources, including self, Health Visitors, G.P.s, social workers, schools, education welfare officers, Probation Service, voluntary organisations.

To make a referral, just telephone: 38347222

If referral is from a professional, a follow up referral form will be appreciated. This can be downloaded from our website www.springwellcentre.com, located on the Counselling page.

ACKNOWLEDGEMENTS

We acknowledge with thanks, the support of our funders:

- ❖ Southern HSC Trust;
- ❖ SHSSB/ Children’s Services Planning
- ❖ DHSSPS/ The Executive Children’s Fund
- ❖ DE/The Childhood Fund./ Early Years
- ❖ The Community Development and Health Network – who have sponsored our Health Education class under the Building the Community Pharmacy Partnership (BCCP) scheme.
- ❖ DSD Neighbourhood Renewal, who funded our new site as well as donating computers.

We also thank Mesh Technology for their kind sponsorship of the computer suite.

We greatly appreciate the support of local donors whose generosity allows us to offer our services at reduced cost. We acknowledge our partners, particularly the SHSCT Young Persons Project, Lismore Comprehensive School, St. Brendan’s Primary School and Mc Keagney Chemists.