

## What courses are available?

**Stress and Mood Management** [4 weeks or 1 day Saturday]  
*This is our "foundation" course, and so generally a good one to do first.*

**Managing Panic, Anxiety & Worry** [4 weeks or 1 day Saturday]

**Overcoming Low Mood and Depression** [4 weeks]

**C.A.L.M. [Cultivating Awareness and Living Mindfully] An Introduction to Mindfulness and Relaxation** [4 weeks or 1 day Saturday]

**Boosting Self-Esteem** [4 weeks ]

**Building Confidence** [4 weeks ]

**Anger Awareness** [4 week course ]

**Managing Weight and Changing Your Lifestyle** [4 weeks]

**Wellbeing after Baby** [4 week daytime course]

**Bereavement Support Group** [6 weeks]

**Moving On from Separation and Divorce:** [6 weeks]

**Developing Assertiveness Skills:** [Saturday day course]

**Healthy Minds** [for 16-18 year olds]

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**Living Well with Health Conditions:** We also have a range of courses for those with long-term health conditions including:

<b>Long-term Pain</b>	<b>Fibromyalgia</b>	<b>Diabetes</b>
<b>Chronic Fatigue</b>	<b>Sleep problems</b>	<b>Heart conditions</b>

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All the above courses are open access, you do not need to see your GP or speak to a LIFT practitioner first. You can book yourself a place via the website or by phoning the office on 01793 836836.

Other more specialised courses are also available, which your LIFT practitioner may suggest if appropriate.



## LIFT Psychology Courses: Your Questions Answered

This leaflet is designed to answer some of the questions you may have when thinking about attending one of our courses.

You can find out more or book yourself on a course by visiting our website

[www.Swindon-LIFT.awp.nhs.uk](http://www.Swindon-LIFT.awp.nhs.uk)

or by calling our office on: **01793 836836**

**When are they on?**

The courses run frequently – in the evening, during the day and some as a one-day course on Saturdays. The website has details of which courses are on when.

**What do they cost?**

All courses are free of charge, with a voluntary contribution for refreshments. For some daytime courses a crèche is available. Unfortunately we cannot meet any transport fees.

**What happens when I arrive?**

When you arrive you will be welcomed, shown to the room where the course is, your name will be taken for a register and you will be given a sticky label to write your first name on. You will also be asked to fill in a short questionnaire [this is confidential and forms part of the on-going evaluation of the service]. The chairs are normally set up in a horseshoe shape around a flipchart. The number of participants varies between courses and venues – for the stress course there may be a few rows of chairs.

**What will I be expected to do?**

As the courses are taught there will be no pressure for people to talk. You will not have to stand up, introduce yourself or tell everyone why you are there! You will not be put on the spot or asked questions that may be uncomfortable to answer, though participation is welcomed. Everything is treated confidentially, and this is asked of everyone at the start of the course. There is no 'homework', but to get the most out of the course it is useful to try out some of the techniques between sessions, although this will never be individually checked.

**What happens on the courses?**

We aim to teach you ways of coping with the situations in your life that are causing you problems. This is normally through the use of real life examples and discussion to make it as easy to understand as possible.

**How long do they last?**

Courses are mostly 4 weeks long [but some do vary] Each session normally lasts 2 hours, with a break of approximately 10 minutes half way through, where tea and coffee are provided.

**What happens if I am late?**

If you find yourself running late just come in the room and take a seat. You may need to fill in the questionnaire at the break.

**Who are the course leaders?**

The course leaders are Psychology Practitioners from the team employed by LIFT Psychology in Swindon.

**What sort of people come on these courses?**

The courses are open to anyone registered with a GP in Swindon who is experiencing any kind of psychological distress or physical health difficulty, which is most of us at one time or another!

**Can I bring a friend for moral support?**

Sure. Just book them on too. It can be quite scary coming along to a course, but people normally find it's a lot less scary than they expected!

**I'm still not sure about this!**

People often call us with questions before a course so don't hesitate to call the office if you have any further questions.