

SelfHelpServices

Helping people to help themselves

Services at a Glance Winter 2011

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[Registered Charity No. 1122063](#)
[Company Registration No. 6036050](#)

ABOUT SELF HELP SERVICES

Established in 1995, Self Help Services is a user-led mental health charity comprising a staff team of around 60 and also a large, diverse and experienced volunteer team of over 70 individuals.

The ethos of Self Help Services is such that we value highly the experiences of individuals who have had a mental health difficulty at some point in their lives. We believe that such individuals can be empowered to put their experiences to good use by providing accessible self help initiatives in the community to help others similarly affected. Indeed we believe strongly that it is possible to be an effective service provider/mental health professional whilst also continuing to self-manage ongoing mental health difficulties.

Self Help Services delivers a range of primary mental health care services and initiatives across Greater Manchester, Trafford, Stockport, Manchester, Oldham and Salford and also in the St. Helens, Widnes and Runcorn area for people experiencing common mental health difficulties such as anxiety, depression and low mood.

Whilst the majority of our services are delivered in the Greater Manchester locality, we are growing fast and it is our intention over the next five years with the support of our Advisory Group in conjunction with our steering group, which comprises a range of mental health experts and other allied professionals, to develop self help initiatives and Primary Mental Health Care services for individuals experiencing common mental health problems such as anxiety and depression across the North of England.

We are funded and commissioned by a variety of organisations including the NHS (via NHS Manchester, Stockport, Oldham, Trafford, Halton & St Helens and Salford) and through smaller, local funding bodies, a Department of Health grant and a grant from the Home Office.

CONSULTANCY SERVICE

Self Help Services offer a bespoke consultancy service whereby guidance and support is provided around areas such as:

- Implementation and development of cCBT services
- Implementation and development of self-help groups and IAPT compliant structured courses
- Specialist Services for hard to reach groups
- Third sector delivery of primary care mental health services
- User-led expertise in the delivery of services
- Volunteer management

For further information on our Consultancy Service please contact chiefofficer@selfhelpservices.org.uk.

FRIENDS OF SELF HELP SERVICES

add info re Friends of SHS

Community Services

Community Services are the foundation of Self Help Services providing community based self help initiatives. The first Self Help Group ran from the Zion Community Resource Centre in Hulme in 1995. We now have 8 drop-in groups running across Greater Manchester and Trafford and have supplemented our service provision by offering structured courses and a complementary therapy service which offers access to a Seasonal Affective Disorder light box service.

DROP IN GROUPS

CHORLTON ANXIETY GROUP

Drop-in support group for people living with any anxiety related disorder. This group runs every Tuesday 8pm - 10pm.

Venue: Chorlton Conservative Club, 617a Wilbraham Road, Chorlton-Cum-Hardy, Manchester, M21 9AN.

Funders and supporters: The venue for this group has been kindly provided by Chorlton Conservative Club.

WYTHENSHAW ANXIETY GROUP

Drop-in support group for people living with any anxiety related disorder. This group runs every Saturday 12 noon - 2pm.

Venue: Meeting Room A, Wythenshawe Forum Library, Wythenshawe Forum Centre, Forum Square, Wythenshawe, Manchester M22 5RX.

Funders and supporters: The venue for this group has been kindly provided by Manchester Libraries.

ZION ANXIETY GROUP

Drop-in support group for people living with any anxiety related disorder. This group runs every Wednesday 1-3pm.

Venue: Zion Centre, 339 Stretford Rd, Hulme, Manchester, M15 4ZY.

MANCHESTER SOCIAL PHOBIA GROUP

Drop-in support group for anyone affected by social anxiety /phobia. This group runs every Tuesday 7-9pm.

Venue: Kath Locke Centre, 123 Moss Lane West, Hulme, Manchester, M15 5DD.

HARPURHEY DEPRESSION GROUP

Drop-in support group for anyone living with any form of depression. This group runs every Thursday 1-3pm.

Venue: North City Library, Rochdale Road, Harpurhey, Manchester M9 4AF.

Supporters: The venue for this group has been kindly provided by Manchester Libraries.

ZION DEPRESSION GROUP

Drop-in support group for anyone living with any form of depression. This group runs every Wednesday 3-5pm.

Venue: Zion Centre, 339 Stretford Rd, Hulme, Manchester, M15 4ZY

URMSTON DEPRESSION GROUP

Drop-in support group for anyone living with any form of depression. This group runs every Tuesday 3-5pm.

Venue: Urmston Library, Unit 34, Golden Way, Urmston, Manchester, M41 0NA.

Funders and supporters: This service is currently funded by NHS Trafford.

BROADHEATH ANXIETY GROUP

Drop-in support group for people living with any anxiety related disorder. This group runs every Tuesday 3-5pm.

Venue: Broadheath & Dunham Children's Centre, Sinderland Road, Altrincham, WA14 5JQ.

Funders and supporters: This service is currently funded by NHS Trafford.



TRAFFORD ANXIETY MANAGEMENT COURSE

The Trafford Anxiety Management course is a 6-week structured course aimed at individuals suffering with anxiety-related issues who would like to improve their levels of wellness and learn coping strategies that promote ongoing well-being.

The group runs weekly on a rolling basis over a 6-week period every Thursday from 6:00pm to 8:00pm and is delivered by Trafford Psychological Wellbeing Practitioners (PWP) as part of a collaborative arrangement between Self Help Services and Trafford Provider Services.

Venue: Macmillan Centre, Moorside Road, Flixton Manchester M41 5SN.

For further info contact Trafford Psychological Wellbeing Service at 1-3 Ashton Lane, Sale, Cheshire M33 6WT Telephone: 0161 495 9096 or email: pws@trafford.nhs.uk. Alternatively, contact Self Help Services, 0161 226 3871

Funders: This service is currently funded by NHS Trafford.

TRAFFORD DEPRESSION COURSE

The Trafford Depression Course is a 6-week structured course aimed at individuals suffering with depression-related issues who would like to improve their levels of wellness and learn coping strategies that promote ongoing well-being.

The group runs weekly on a rolling basis over a 6-week period every Thursday from 6:00pm to 8:00pm and is delivered by Trafford Psychological Wellbeing Practitioners (PWP) as part of a collaborative arrangement between Self Help Services and Trafford Provider Services.

Venue: New Way Forward, Park House, 73 Northenden Road, Sale M33 2DG.

For further info contact Trafford Psychological Wellbeing Service at 1-3 Ashton Lane, Sale, Cheshire M33 6WT Telephone: 0161 495 9096 or email: pws@trafford.nhs.uk. Alternatively, contact Self Help Services, 0161 226 3871

or email: communityservices@selfhelpservices.org.uk

Funders: This service is currently funded by NHS Trafford.

TRAFFORD SELF-ESTEEM & ASSERTIVENESS COURSE

The Trafford Self-Esteem and Assertiveness Course is a 6-week structured course aimed at individuals who are experiencing problems with assertion and self-esteem. The course gives participants the opportunity to meet and talk together in a mutually supportive atmosphere and build upon strategies to improve their mental health, confidence and general wellbeing.

The group runs weekly on a rolling basis over a 6-week period every Wednesday from 10.30am - 12.30pm.

Venue: Chapel Road Clinic, 70 Chapel Road, Sale, Cheshire M33 7EG.

For further info call Self Help Services, 0161 226 3871.

or email: communityservices@selfhelpservices.org.uk

Funders: This service is currently funded by NHS Trafford.

MANCHESTER SELF ESTEEM & ASSERTIVENESS COURSE

The Manchester Self-Esteem & Assertiveness Course is a structured, group work based course which teaches strategies to improve self esteem and aims to strengthen people's ability to make personal choices. This group operates on a rolling 6-week basis Tuesday's 5:45pm - 7:45pm. Limited places available for the next course.

Venue: Zion Centre, 339 Stretford Rd, Hulme M15 4ZY.

For further info call Self Help Services, 0161 226 3871

or email: communityservices@selfhelpservices.org.uk

The next course commences in early in 2012 and places are still available.

CLAYTON ANXIETY MANAGEMENT COURSE

The Clayton Anxiety Management course is a 6-week structured course aimed at individuals suffering with anxiety-related issues who would like to improve their levels of wellness and learn coping strategies that promote ongoing well-being.

Venue: Clayton Surestart Centre, 101 North Road, Clayton, M11 4NE

For further info call Self Help Services, 0161 226 3871 or email:

communityservices@selfhelpservices.org.uk

The course commences in early 2012 and places are still available.

For more information and an application please contact the Community Services Team on 01612263871.

MANCHESTER DEPRESSION COURSE

The Manchester Depression Course is a 6-week structured course aimed at individuals suffering with depression-related issues who would like to improve their levels of wellness and learn coping strategies that promote ongoing well-being.

The group runs weekly on a rolling basis over a 6-week period.

For further info call Self Help Services, 0161 226 3871

or email: communityservices@selfhelpservices.org.uk

The next course commences in early 2012 and places are still available.

NORTH MANCHESTER EMOTIONAL RESILIENCE COURSE

The North Manchester Emotional Resilience Course is a 6-week structured course which helps people to cope better with life's ups and downs and respond to challenging situations positively. The course is aimed at individuals who are experiencing a range of life issues such as anxiety or low mood, loss, relationships issues, work stress, carer responsibilities and so on. The course gives participants the opportunity to meet and talk together in a mutually supportive atmosphere and build upon strategies to improve their resilience, confidence and general wellbeing. Priority will be given to North Manchester residents. The group runs weekly on a rolling basis over a 6-week period every Thursday from 6pm to 8pm.

Venue: Harpurhey Sure Start Children's Centre, Harpurhey Fitness Centre, Upper Conran Street Harpurhey Manchester M9 4DA.

For further info call Self Help Services on 0161 226 3871 or email: communityservices@selfhelpservices.org.uk

Funders: This service is delivered in partnership with Manchester Public Health Development Service and is funded by Manchester City Council.

The next course commences in Spring 2012 and places are still available.

MANCHESTER VETERAN'S STRESS AWARENESS COURSE

The Manchester Veteran's Stress Awareness Course is a six-week activity-based course which teaches participants skills for coping with issues such as Post Traumatic Stress Disorder, anxiety, anger and depression.

The group will run weekly on a rolling basis over a 6-week period and will be delivered in Central Manchester.

For further info call Self Help Services, 0161 226 3871 or email: communityservices@selfhelpservices.org.uk

Funders: This service is funded by IAPT NW.

The next course commences in January 2012 and places are still available.

HALTON & ST HELENS VETERAN'S STRESS AWARENESS COURSE

The Manchester Veteran's Stress Awareness Course is a six-week activity-based course which teaches participants skills for coping with issues such as Post Traumatic Stress Disorder, anxiety, anger and depression.

The group will run weekly on a rolling basis over a 6-week period on Wednesdays from 6.30pm - 8.30pm.

Venue: St Helens Millennium Centre, Corporation Street, St Helens, Merseyside, WA10 1HJ.

For further info call Self Help Services, 0161 226 3871 or email: communityservices@selfhelpservices.org.uk

Funders: This service is funded by IAPT NW.

WHALLEY RANGE LIVING WELL COURSE

This is a six-week course suitable for any 55+ yrs members of the Whalley Range Community who want to take part in a structured group which aims to enable people to meet and socialise with other members of their local community, develop their levels of social support, improve their self-esteem and general wellbeing and learn how to manage stress, low mood and worry. The group runs weekly on a rolling basis over a 6-week period Thursday's 1.30pm - 3.30pm.

Venue: Tangmere Court, Dudley Road, Whalley Range, Manchester M16 8DF.

For further info call Self Help Services, 0161 226 3871 or email:

communityservices@selfhelpservices.org.uk

Funders: This service is delivered in partnership with JJ Housing Trust and is funded by Manchester City Council's Cash Grants Scheme.

For more information and an application please contact the Community Services Team on 01612263871.



HMP MANCHESTER DUAL DIAGNOSIS COURSE

The Manchester Prison Dual Diagnosis Course is a 6 session programme for residents of Manchester Prison to enable them to better manage their emotional wellbeing and substance misuse.

This service can be accessed by professional or self-referral.

For further info call Self Help Services, 0161 226 3871 or email:

communityservices@selfhelpservices.org.uk

Funders: This service is delivered in partnership with NHS Manchester and Manchester City Council.

COMPLEMENTARY THERAPY SERVICES

SAD (Seasonal Affective Disorder) LIGHT BOX THERAPY

1:1 light box therapy service available for ½ hour appointments - suitable for treating seasonal affective disorder often called “winter blues”. To book an appointment call Self Help Services on 0161 226 3871 or email: communityservices@selfhelpservices.org.uk

Venue: Zion Centre, 339 Stretford Rd, Hulme, Manchester, M15 4ZY.

Funders: Light box kindly provided by Lumie.



cCBT SERVICES (COMPUTERISED COGNITIVE BEHAVIOURAL THERAPY)

Self Help Services offers a range of supported computerised therapy courses. The computer programmes employed include 'Beating the Blues', 'Living life to the Full' and 'Fear Fighter', based on the principles of Cognitive Behavioural Therapy. Individuals accessing these courses will be provided with guidance and assistance by our highly skilled staff and volunteer team.



MANCHESTER cCBT SERVICE

The service offers cCBT (Beating the Blues) to people affected by depression and/or anxiety. For further information call Self Help Services' cCBT service on 0161 232 7854
Venue: This service is available at three different locations across Manchester as follows:
Zion Centre, 339 Stretford Rd, Hulme, Manchester, M15 4ZY: Tuesdays 3:30-7:30pm and Thursdays 4:30-7:30pm.

Wythenshawe Forum Library, Forum Square, Wythenshawe, Manchester M22 5RX: Monday 12:00-4:00pm.

North City Library, Rochdale Road, Harpurhey, Manchester M9 4AF: Wed. 12:30-4:30pm

Funders and supporters: This service is currently funded by NHS Manchester.



SALFORD cCBT SERVICE

The service offers cCBT to people affected by depression and/or anxiety in the Salford area. This service is commissioned by Salford Primary Care Trust and is part of the Department of Health's Improving Access to Psychological Therapies (IAPT) initiative. For further information call Self Help Services' cCBT service on 0161 232 7854.

Venues: This service is available at three different locations across Salford as follows:

The Energise Healthy Living Centre, 1 Douglas Green, Salford M6 6ES: Tuesdays 2-6pm and Wednesdays 4-8pm.

Walkden Gateway, 2 Smith Street, Walkden M28 3EZ: Mondays 4-8pm.

Irlam Fire Station, Fairhills Road, Irlam M44 6BA: Thursdays 11-2pm.

Funders and supporters: This service is currently funded by NHS Salford.



STOCKPORT cCBT SERVICE

The service offers cCBT to people affected by depression and/or anxiety in the Stockport area. This service is commissioned by Stockport Primary Care Trust. For further information call Self Help Services' cCBT service on 0161 232 7854.

Venues: This service is available at four different locations across Stockport as follows:

Cheadle & Marple Sixth Form College, Marple Campus, Hibbert Lane, Marple, Stockport, SK6 7PA: Monday 2-5pm

Cheadle & Marple Sixth Form College, Cheadle Campus, Cheadle Road, Cheadle Hulme, SK8 5HA: Wednesday 4.30-7.30pm

Stockport Well Being Centre, Graylaw House, Chestergate, Stockport, SK1 1LZ: Thur. 2-7pm

Open Door, 5 Cuddington Crescent, Bridgehall, Stockport SK3 8LX: Fridays 12-4pm

cCBT at Home service also available with telephone support, this service is now delivered by Stockport Women's Centre please see our website www.selfhelpservices.org.uk for details.

Funders and supporters: This service is currently commissioned by NHS Stockport.



TRAFFORD cCBT SERVICE

The service offers cCBT to people affected by depression and/or anxiety in the Trafford area. This service is commissioned by Trafford Primary Care Trust. For further information call Self Help Services' cCBT service on 0161 232 7854.

Venues: This service is available at five different localities across Trafford as follows:

Stretford Library, Kingsway, Stretford M32 8AP, Mondays 12-3pm

New Way Forward, Park House, 73 Northenden Road, Sale M33 2DG, Mondays 4-8pm

Urmston Library, Unit 34, Golden Way, Urmston M41 0TZ, Tuesdays 4-7pm

Altrincham Library, 20 Stamford New Road, Altrincham WA14 1EJ, Wed 4-7pm

Partington Job Shop, 95 Wood Lane, Partington M31 4LW, Thurs 10am - 1pm

cCBT at Home service also available with telephone support

Funders and supporters: This service is currently commissioned by NHS Trafford.



OLDHAM cCBT SERVICE

This service offers cCBT to people affected by depression and/or anxiety in the Oldham area. For further information call Self Help Services' cCBT service on 0161 232 7854.

Venues: This service is available at four different locations across Oldham as follows:

Oldham Library & Lifelong Learning Centre, Cultural Quarter, Greaves Street, Oldham OL1 1AL: Mondays 3.30-6.30-pm.

Lees Library, Thomas Street, Lees, Oldham OL4 5DA: Wednesdays 12-3pm

Chadderton Court Social Inclusion Resource Centre, 451 Middleton Road, Chadderton, Oldham OL9 9LB: Thursdays 4-8pm.

Crompton Library, 7 Farrow Street, Shaw, Oldham OL2 8QY: Fridays 12:30-4:30pm.

Funders and supporters: This service is currently commissioned by NHS Oldham.

HALTON & St. HELENS cCBT SERVICE

This service offers cCBT to people affected by depression and/or anxiety in the Halton & St. Helens area. For further information call Self Help Services' cCBT service on 0161 232 7854.

Venues: This service is available at four different locations across Halton & St. Helens as follows:

Newton Family and Community Centre, Park Road South, Newton-le-Willows, WA12 8EX: Tuesdays 1.00-5.00pm.

Widnes Library, Victoria Square, Widnes, WA8 7QT: Wednesdays 3.00-7.00pm.

Halton Lea Library, Halton Lea, Runcorn, WA7 2PF: Thursdays 2.00-6.00pm.

Fingerpost Park Health Centre, Atlas Street, St Helens, WA9 1LN: Friday 1.00-5.00pm.

Funders and supporters: This service is currently commissioned by NHS Halton & St. Helens.



MANCHESTER
CITY COUNCIL



HMP MANCHESTER cCBT SERVICE

The Manchester Prison cCBT Service is a 12-month project for those residing in Manchester Prison. The programme is a 4-week condensed version of the Beating the Blues course for mild/moderate depression/anxiety.

This service can be accessed by professional or self-referral.

For further info call Self Help Services, 0161 226 3871 or email:
communityservices@selfhelpservices.org.uk

Funders: This service is delivered in partnership with NHS Manchester and Manchester City Council.



Psychological Therapies

Self Help Services provide one-to-one support through our Counselling and Cognitive Behavioural Therapies (CBT). All of our Counselling and CBT services are offered on an appointment only basis and can be accessed by completing a referral form, available from our website www.selfhelpservices.org.uk or by calling 0161 226 6775. Once you have submitted a referral form, you will be contacted to arrange an assessment, and then your first therapy appointment will be arranged. Alternatively, if we have received a referral from your GP or other professional, you may receive a letter asking you to contact us to opt-in to the service. We may also contact you at this point by telephone. Psychological Therapies encompasses a number of services including:

MANCHESTER COUNSELLING SERVICE



This service offers individuals affected by life issues such as bereavement, relationship & family issues as well as abuse issues, the opportunity to see a counselling practitioner for time-limited face-to-face sessions of counselling.

Venue: Various - throughout Manchester.

Funders and supporters: NHS Manchester.

For more information, contact our Counselling & Brief Therapeutic Intervention Service on 0161 226 6775 or email: counselling@selfhelpservices.org.uk

GREATER MANCHESTER GANG WELLBEING SERVICE



This service offers individuals previously or currently involved in or affected by gang issues.

Venue: Various - throughout Manchester.

Funders and supporters: NHS Manchester.

For more information, contact our Counselling & Brief Therapeutic Intervention Service on 0161 226 6775 or email: counselling@selfhelpservices.org.uk

TRAFFORD PSYCHOLOGICAL WELLBEING SERVICE (IAPT)



Self Help Services co-manages Trafford PCT's low intensity Improving Access to Psychological Therapies (IAPT) provision known as the 'Trafford Psychological Wellbeing Service'.

Venues: Various - throughout Trafford.

Funders and supporters: NHS Trafford.

For more information contact the Trafford Psychological Wellbeing Service on:

0161 495 9096 or e-mail pws@trafford.nhs.uk

Website: www.traffordwellbeing.org.uk

STOCKPORT PSYCHOLOGICAL WELLBEING SERVICE (IAPT)



Self Help Services has been commissioned to deliver (as part of a third sector collaborative with Stockport MIND and Stockport Women's Centre) NHS Stockport's low intensity Improving Access to Psychological Therapies (IAPT) provision.

Venue: Various - throughout Stockport. There is also an option of telephone sessions, and we can also offer out-of-hours services.

Funders and supporters: NHS Stockport For more information contact the Stockport Psychological Wellbeing service on 0161 480 2020 or email: info@stockportpws.org.uk

Website: www.stockportpws.org.uk

STOCKPORT AT HOME SERVICE (IAPT)

Self Help Services has been commissioned to deliver (as part of a third sector collaborative with Stockport Women's Centre) NHS Stockport's low intensity Improving Access to Psychological Therapies (IAPT) provision.

Funders and supporters: NHS Stockport For more information contact the Stockport Psychological Wellbeing service on 0161 480 2020 or email: info@stockportpws.org.uk
Website: www.stockportpws.org.uk

MANCHESTER PSYCHOLOGICAL WELLBEING SERVICE

Self Help Services has been commissioned to manage NHS Manchester's low intensity Improving Access to Psychological Therapies (IAPT) provision known as the 'Manchester Psychological Wellbeing Service'. The service provides brief one-to-one psychological treatment for common mental health problems such as anxiety and depression.

Venue: Various - throughout Manchester. There is also an option of telephone sessions, and we can also offer out-of-hours services.

Funders and supporters: NHS Manchester. For more information contact the Manchester Psychological Wellbeing Service on 0161 226 3871 or email: pws.manchester@selfhelpservices.org.uk

HALTON AND ST HELENS PSYCHOLOGICAL WELLBEING SERVICE (IAPT)

Self Help Services have recently been re-commissioned to deliver a 12 month pilot of Improving Access to Psychological Therapies provision for both low and high intensity service users. Working closely with the current NHS teams, the main office is in Widnes and referrals will be accepted from GPs, agencies and service users can also self-refer.

Venues: various throughout Halton, Widnes, Runcorn and St Helens. There is also an option of telephone sessions, and we can also offer out-of-hours services.

More information: please contact our team on 0151 511 5875 or email: iapt.hsth@selfhelpservices.org.uk

Funders: Halton and St Helens NHS Trust

DOMESTIC VIOLENCE WELLBEING SERVICE

Self Help Services is managing a new service for women who are currently or have previously been affected by domestic violence. The service is delivered by a female worker offering one-to-one support.

For further info call Self Help Services, 0161 226 3871
or email: communityservices@selfhelpservices.org.uk

GREATER MANCHESTER GANG WELLBEING SERVICE

Self Help Services is managing a new service for those involved in or affected by Gang activity in the Greater Manchester area. The service provides one-to-one support helping to improve emotional wellbeing.

For further info call Self Help Services, 0161 226 3871
or email: communityservices@selfhelpservices.org.uk

www.selfhelpservices.org.uk

