

CALDERSTONE

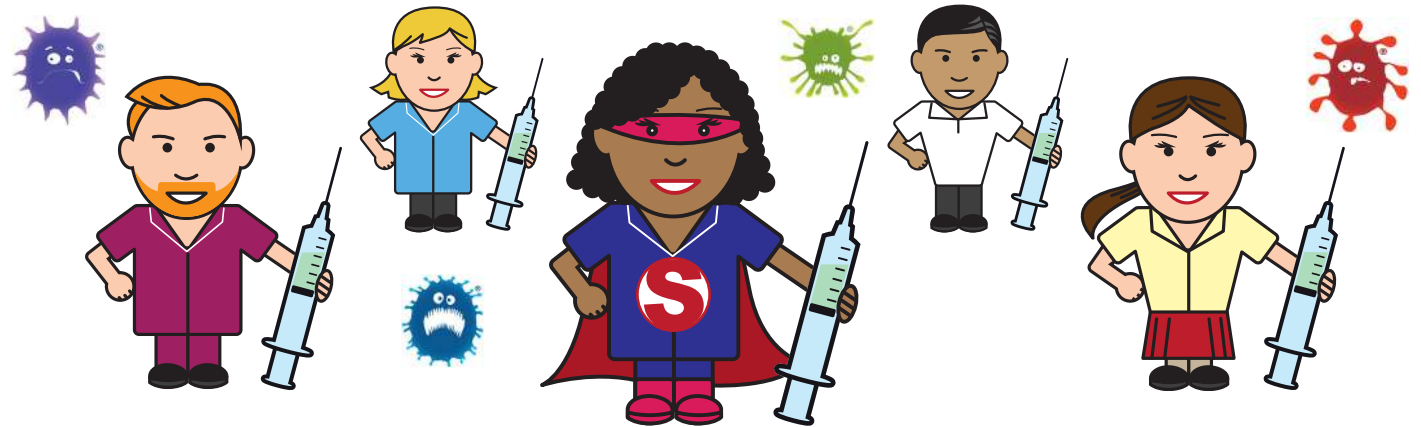
marketing services provider

WHAT COULD WE
DESIGN FOR YOU?

care



Be a Flu Superhero!



Taking
Care
of You

body | mind | spirit

A range of well-received logos designed for a variety of clients.





Children's
Continuing
Care





Design of brochure for STOMP: a national NHS England campaign which is aimed at stopping over medication of people with learning disabilities, autism or both.



Is living with a long term health condition getting you down?

30 to 40% of people living with a long term physical health condition will also experience anxiety and depression. When life gets too tough we can help you through it.

“Excellent service which has made me feel so much better and listened to.”
Former client of DHC


If you would like this leaflet in an alternative format, for example large print or braille please let us know.

Woking Community Hospital
Heathside Road
Woking
Surrey
GU22 7HS

01483 906 392
Monday to Friday

dhctalkingtherapies.co.uk

This free service is provided by Dorking Healthcare Ltd.





Talk to us today
01483 906 392
Or visit
dhctalkingtherapies.co.uk

condition can also experience difficulties with emotional health, suffer feelings of stress, anxiety or worry. The impact a physical health condition has on daily quality of life can be a struggle to cope with. We are here to help.

Improving your emotional health will also improve your physical health.

DHC Talking Therapies provide:

- A free and confidential NHS service
- Choice of face to face, online or group courses
- Specific support to adults living with a long term health condition, such as respiratory problems, diabetes, chronic pain or heart related problems
- Covering locations across Surrey
- Short waiting times and great health outcomes

How we can help you

Group courses

We provide a range of six week therapeutic group courses including:

- Respiratory problems like COPD and Asthma
- Heart related problems
- Diabetes
- Pain

The courses cover:

- Weekly activity planning
- Managing stress and worry
- Problem solving
- Looking at unhelpful thinking styles
- Sleep management
- Relaxation and breathing techniques
- Goal setting

We also run a shorter four week course aimed at managing the stress of living with a long term health condition.

Online courses

We also offer an online solution where you can join a course from the convenience of your own home or place of work, in your own time. DHC Talking Therapies partner with a platform provider called SilverCloud to deliver this solution.

The available courses are:

- Coronary Heart Disease (CHD)
- Diabetes
- Chronic Pain
- Chronic Obstructive Pulmonary Disease (COPD)

“I have been very pleased with the help and strategies that I have been given. I feel confident about the future.”
Former client of DHC

Next steps

We accept self-referrals (where you can contact us directly without the need for you to make contact via your GP first) as well as referrals from GPs and other health professionals.

To self-refer call: **01483 906 392**
Or visit: dhctalkingtherapies.co.uk

“This service has helped me see things from a different perspective and address or approach difficult and stressful situations in a positive way.”
Former client of DHC

Design of leaflet for DHC, a healthcare organisation providing services for patients throughout Surrey and Sussex.







DHC Talking Therapies

Are you feeling low, depressed or anxious?

When life gets too tough we can help you through it.

A free and confidential NHS service offering a range of face to face and online talking therapies to adults 18 years and over, who are registered with a GP in Surrey. We have locations across Surrey, with short waiting times and great recovery rates.

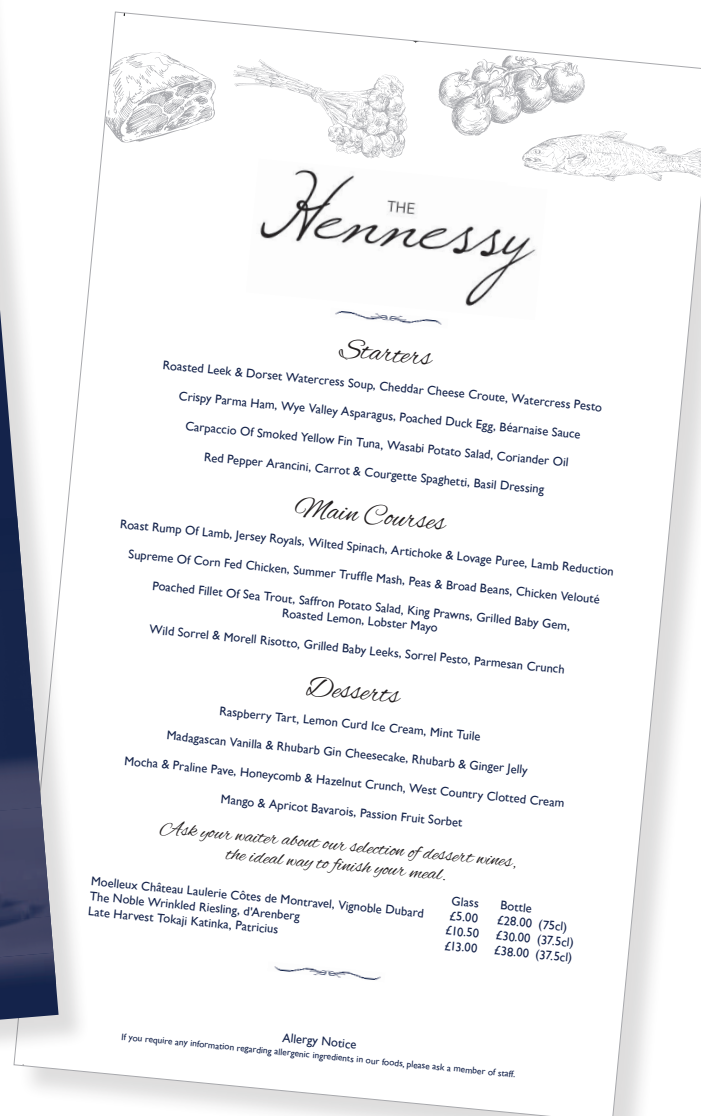
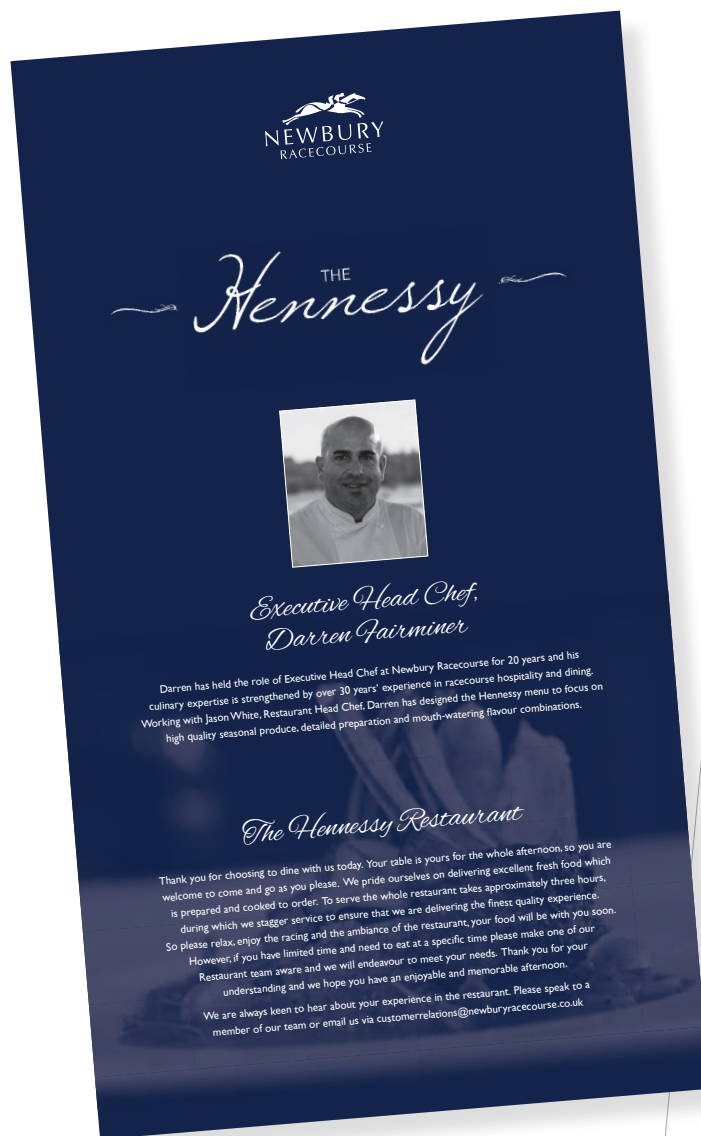
“The whole experience was extremely positive for me, and has changed my way of thinking/coping. Thank you!”
Former client of DHC Talking Therapies

Talk to us today
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Or visit
dhctalkingtherapies.co.uk

“I have been very pleased with the help and strategies that I have been given. I feel confident about the future.”
Former client of DHC



Design of brochure for *Daxtra*: a recruitment consultant.



Design of menu for
Newbury Racecourse's
award-winning, fine-dining
restaurant, *The Hennessy*.



Design of brochure for *Girls Not Brides*, a global partnership of more than 1300 civil society organisations committed to ending child marriage and enabling girls to fulfil their potential.



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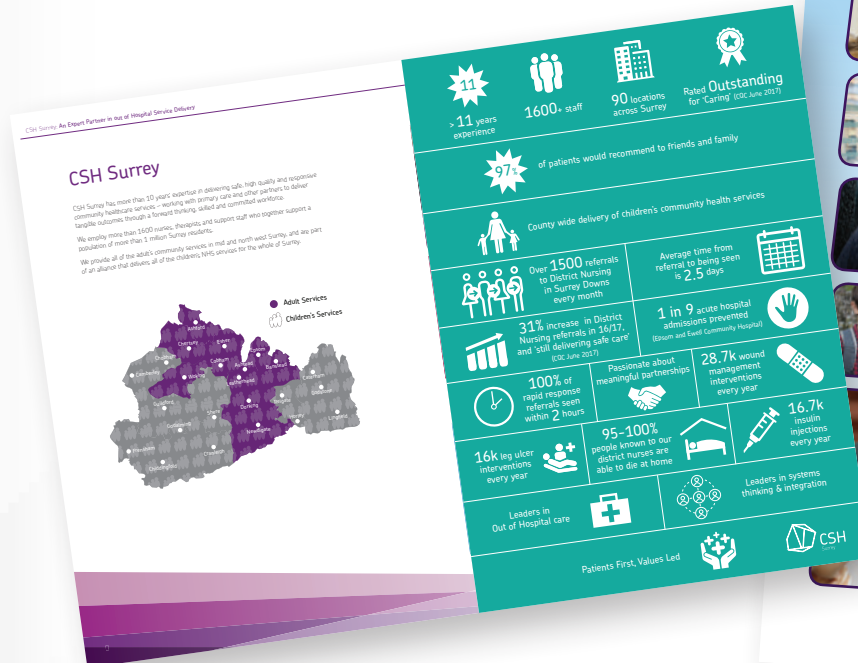
Design of flyer for *Hyperion*,
a superior quality fitted furniture
company based in Surrey.



Design of menu for Silvermere Golf Club.



Various designs for *Central Surrey Health*, an employee-owned, not-for-profit NHS community healthcare provider.



Children and Family Health Surrey **ChatHealth** **NHS**

If you're aged 11 – 19 text your school nurse **07507 329 951**


if you want to talk about

- Problems with friends or family
- Relationships
- If you are feeling sad or angry
- Bullying
- Drinking alcohol or smoking
- Changes to your body

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety. We might inform someone if we were concerned about your safety. We might inform someone if we were concerned about your safety. We might inform someone if we were concerned about your safety.

Children and Family Health Surrey **ChatHealth** **NHS**

If you're aged 11 – 19 text your school nurse **07507 329 951**



EVERY DAY'S AN ADVENTURE

Further Education Full-Time Course Guide 2020/2021

moulton.ac.uk

Moulton
COLLEGE

Animal Management



What's It All About?

Moulton College has the biggest collection of animals in Northamptonshire, available onsite for you to learn from. Animal Management is one of the College's most popular subject areas and for students passionate about the wellbeing of animals, this course offers a platform to progress into the areas of conservation, animal management or animal care.

Benefit from:

- The biggest collection of animals in Northamptonshire.
- Our Animal Welfare Centre housing 137 different species.
- State-of-the-art Animal Therapy Centre with canine hydrotherapy pool, water treadmills and a professional dog grooming centre.
- The College farm facilities including a sheep flock and beef herd.
- A science laboratory
- An onsite commercial veterinary practice.

How Will I Learn?

Guided by our expert staff and guest lecturers, you'll access our Animal Welfare Centres where you'll develop your husbandry skills and behavioural observation techniques. Our lecturers have experience working with exotics, reptiles, mammals, and companion animals, so you'll pick up a broad range of skills from their own expertise. You must complete work experience as part of a Level 1, 2 or 3 programme and will have access to the commercial units on site.

Careers in Animal Management

These courses open up many doors, with career paths including:

- Animal technician
- Veterinary nurse
- Dog groomer
- Retail manager
- Lab technician
- Zoo keeper
- Wildlife conservationist.

Students can move into employment, apprenticeships or degree-level studies in a range of subjects e.g. zoology, animal health and behaviour or science.

Our Campuses

With locations across the county, Moulton College might be closer than you think...

Moulton Courses offered: Animal, Land, Construction, Sports, Equine, Food and Drink, Supported Learning

Higham Ferrers Courses offered: Construction (Brickwork, Carpentry, Plumbing), Animal (Animal Management)




Why Choose Moulton College?

- Study at a beautiful countryside campus
- Access around 1,200 acres of our own land to support your studies
- Learn from sector-specialist lecturers, who have extensive work experience
- Access a first-class Learning Resource Centre
- Explore fantastic links with industry and employers to ensure you gain the skills you need to enter work
- Take advantage of modern student accommodation with en-suite facilities
- Access unique teaching and learning facilities, including an Animal Welfare Centre, Sports Centre, running track, Equine Hydrotherapy Centre, a state-of-the-art Food and Drink Innovation Centre, and more



E: enquiries@moulton.ac.uk T: 01604 491131 W: www.moulton.ac.uk 5

4 | Further Education Full-Time Course Guide 2020/2021



Design for NHS 'Health Passport'. A colourful guide aiming to help young people become independent in accessing health information.

C O N T A C T U S

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calderstone.com