

Information about your Anxiety Workshop appointments

We are pleased to offer you a place on our Anxiety management workshops within the Enhanced Access Service. The service is based in Amwell Surgery, Hoddesdon EN11 8FG (see Google maps [HERE](#))

About the Anxiety Workshop:

You have been referred to the Anxiety management workshop by either your GP or by your Primary Care Mental Health Specialist who believes you will benefit from the course. The workshops are run as a class format and consist of two sessions usually run over consecutive weeks. They generally have around 8-10 participants and each class / group is two hours long. The classes are offered on Tuesday evenings and Saturday mornings. For example if you attend the Tuesday evening part one class then you will be expected to attend the second session (part two) the following Tuesday evening. The workshops are run by experts in their field and everyone attending will have similar challenges when managing their Anxiety.

There is no need to share personal information about your anxiety during the workshop, nor will it be a requirement to participate in any exercises or demonstrations. The workshops are designed to help you understand some of the reasoning and what is happening to you when you are anxious, you will learn techniques for combating and managing your anxiety. The course continues to receive excellent feedback from the people who attend.

When are the workshops?

The workshops are offered Tuesday evenings between 6:00 - 8:00pm and Saturday mornings between 9:15 - 11:15am and 11:30 - 1:30pm. Each workshop will have a short break halfway through.

How will I book onto the Anxiety management workshops:

You will be contacted by the service as soon as the next available course is being arranged, this will be via a telephone call and followed by a text message to confirm the date and time of workshops you have booked. The team will discuss with you the best available class for you and it is expected you attend both classes.

If the team fail to make contact with you after x3 attempts you will be removed from the waiting list and the team will inform the clinician who originally referred you to the service.

Will I need to bring anything to the workshops?

No, everything you need for the workshop will be provided for you, course notes, pen, refreshments and support material.

Punctuality:

We ask that you arrive ten minutes prior to the start time of your class to ensure we have everyone registered and ready to start on time. The course contains a lot of content and therefore anyone arriving more than ten minutes late will be asked to rebook an alternative workshop date, which we will arrange.

What if I am unexpectedly unable to attend a workshop?:

If you are booked onto a workshop and become unable to attend please call (or text) the team on tel: 07752 013768 or inform your doctors surgery and they will communicate with us.

We look forward to welcoming you onto our Anxiety Workshop and helping you on your journey.