

Flintshire Learning for
Recovery &

**Well
being**

Let's get started!

2021

September - December

Programme





These activities/courses are free to attend for people who live in Flintshire and are affected by Mental Health issues.

To access these sessions you need to book on using any of the contact information at the bottom of the page unless otherwise stated on the course information.

Learning and connecting with others are important factors in achieving and maintaining wellbeing in our lives. All of the activities and courses listed in this brochure are designed to help you improve your wellbeing whilst meeting new friends, developing confidence and learning new skills. The activities are provided by “Flintshire Learning Partnership”, made up of Advocacy Services North East Wales, Flintshire County Council, North East Wales Mind, KIM Inspire, Unllais and Flintshire Local Volunteer Council.

My Name is Karen Griffith and I am the Training Support Worker. Feel free to contact me on the numbers below or email. I will be happy to talk through your options, book a course/activity, or organise support to help you attend.

Find out more ...

Mob or Text: 07776452471

Email: info@flintshirewellbeing.org.uk

www.flintshirewellbeing.org.uk

<https://www.facebook.com/FlintshireWellbeing>



North East Wales
Gogledd Ddwyrain Cymru



SAFE



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www.flintshirewellbeing.org.uk

All depending on Welsh government restrictions as to whether courses can run indoors.(See pages 5, 6, 7, 9, 10, 11, 13 & 14)

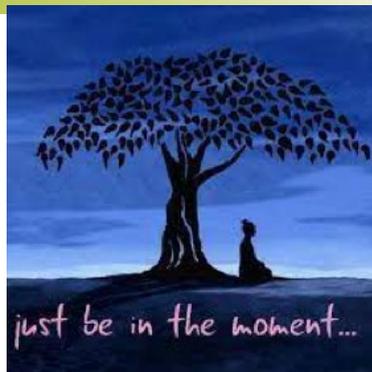
If not they can be run outdoors at Growing places weather permitting.



Mindfulness Course

Are you living with pain, illness or stress? Or would you just like to know more about Mindfulness? Mindfulness is about what we focus our attention on. It can help us to see clearly what is going on in our lives and gives us tools to accept things as they are, to become the observer of our thoughts and take back some control. Regardless of the circumstances we find ourselves in, we can

learn to respond to them in a more calm and creative manner. Movements for wellbeing. Weekly information sheets will be provided with ways of practicing mindfulness in between the weekly sessions.



Date: Tues Sep 21st, 28th, Oct 5th & 12th
Time: 11.00am - 12.00pm
Venue: Deeside Enterprise Centre

Make your own POSY – know your flowers!

Join us to make your own floral posy and learn a little about the best flowers and foliage to use to make a beautiful posy for yourself or as a gift. If you are interested in flowers and you'd like to extend your knowledge of flowers and have something made by you to take home? Then come along, have some fun



Cost is £5 per person to +cover the cost of materials.

Date: Thurs Sept 23rd
Time: 10.00am - 11.30am
Venue: Deeside Enterprise Centre

Stained Glass Making

Learn the techniques of copper tape stained glass.

You will learn how to:-

- Cut glass, grind the edges, apply copper tape, apply solder and join the individual pieces together.

Come along and enjoy a relaxing morning learning this exciting craft.



Date: Fri Sept 17th
Time: 10.00am - 1.00pm
Venue: Rhydymwyn Nature Reserve

Creating a winter planter

How to keep your planters looking good for winter

We will show you what kind of plants to use, and how to plant them to keep your garden looking pretty and colourful in the winter months.

Planter, plants and materials supplied

Our gardening expert Jeanette will be facilitating and can answer your questions during the session.



Cost £7.50 to cover materials

Date: Tues Sept 28th
Time: 10.00am - 11.30am
Venue: Growing Places

These courses are provided by
FCC Mental Health Support Services

Pottery for Beginners

NO EXPERIENCE OR ARTISTIC FLAIR REQUIRED!

In this session you will learn how to make a Pinch Pot with air dried clay. You will be able to make your own design, there will be examples if you don't feel

confident to create your own. You will be shown different techniques to decorate your designed item.



Date: Thurs Sept 30th Oct 7th
Time: 9.30am - 12.00pm
Venue: Deeside Enterprise Centre

Fibromyalgia Talk

In this session the facilitator will talk about:

- What Fibromyalgia is
- How it affects people
- Managing the symptoms
- Where to access support

Your Facilitator is:

James Needham
Clinical Specialist Physiotherapist
Pain Management Service
Abergele Hospital



Date: Wed Oct 13th
Time: 10.00am - 1.00pm
Venue: Deeside Enterprise Centre

Flowers in a BOX

Join us to create a beautiful flower in a box arrangement. Learn some new skills, meet new people and have some fun in a relaxed and friendly group.



Cost £7.50 per person for the materials.

Date: Thurs Oct 14th
Time: 10.00am - 11.30am
Venue: Deeside Enterprise Centre

Encaustic Art

This is a technique where coloured beeswax is melted onto a heat tool and swiped across special card to create a beautiful picture.

All materials supplied no skill needed only your imagination.



Date: Fri Oct 29th
Time: 10.00am - 11.30am & 12.00pm - 1.30pm
Venue: Deeside Enterprise Centre

ADHD Adult Awareness Training Session



Parents who are diagnosed themselves with ADHD often find life difficult to manage due to the impact it has on them. It can have a negative effect on the relationship with their own children and partner. ADHD adults often struggle to cope emotionally and socially. They can experience having low self-esteem, poor communication skills, and struggle to organise themselves and cope with what life brings them. The two hour training session will include topics such as:

- The impact of having adult ADHD
- How to organise yourself
- Coping with Communication and Social difficulties
- Looking for positive solutions
- Life management skills
- Dealing with sleep problems
- Medication and ADHD
- Taking control over your own ADHD

Date: Tues Oct 19th
Time: 12.30pm - 2.30pm
Venue: Deeside Enterprise Centre

Art Journaling

“Art journaling is a great way to explore your creativity while experiencing relaxation through doing an activity. In this course you will be given prompts to create a page of art around. You will have help generating ideas and demonstrations of techniques you can try on your page. Throughout the session you will be able to get support to create a page that is meaningful to you.

You will just need to bring an art journal to work in. This could be purpose made e.g. your own personal journal or you could purchase an intriguing book in a charity shop to ‘repurpose’. Preferably A5 or larger with a hardcover and fairly heavyweight paper. Many students enjoy working in larger books e.g. 12 x 12 inches.”



Date: Tues Nov 2nd, 9th, 16th, 23rd 30th & Dec 7th
Time: 1.00pm - 3.00pm
Venue: Flint Library

These courses are provided by
FCC Mental Health Support Services

Watercolour Workshops

how to paint using watercolour.

In the session the tutor will demonstrate different techniques to build up the skills needed to paint in a confident and relaxed way. Beginners and Improvers are welcome the aim is to enjoy learning.



Due to limited spaces you may only be able to attend 1 of the 4 sessions.

Date: Wed Nov 3rd, 10th, 17th & 24th
Time: 10.00am - 12.30pm
Venue: Deeside Enterprise Centre

ADHD Parenting Programme

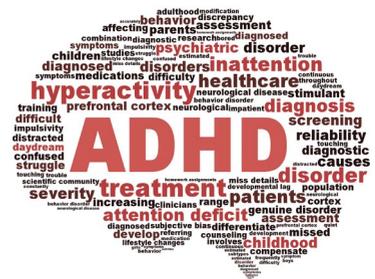
The impact of ADHD on a young person's life can be extremely negative if the right support and understanding is not given. Alan Roberts, ADHD Specialist, has been working with children and parents with ADHD for the past 26 years.

Most ADHD children need a different type of parenting due to them often displaying impulsive behaviour, and having no understanding of the consequences their own actions and the negative effects it has on others.

The programme is for parents who have children diagnosed with ADHD or waiting for an assessment. The programme will be delivered over two 2 hour sessions. It will provide you with the knowledge and understanding to help you make positive lasting changes in your child's behaviour.

Topics include:

- Communication Skills
- Dealing with oppositional behaviour
- Sleep problems
- Setting boundaries and routines
- Organisational skills
- School based problems
- Your child's own perspective of having ADHD
- Using practical solutions
- Medication and ADHD
- Managing risks



Date: Mon Nov 8th & 15th
Time: 10.00am - 12.30pm
Venue: Deeside Enterprise Centre

These courses are provided by
FCC Mental Health Support Services

Stained Glass Making

Learn the techniques of copper tape stained glass.

You will learn how to:-

- Cut glass, grind the edges, apply copper tape, apply solder and join the individual pieces together.



Come along and enjoy a relaxing morning learning this exciting craft.

Date: Fri Nov 12th
Time: 10.00am - 1.00pm
Venue: Rhydymwyn Nature Reserve

Creating an Arrangement

Come along for some fun and be creative and make something lovely to take away with you at the end of the session!

Try gift wrapping a bouquet and making a floral arrangement.

If you are interested in flowers, then come along and learn some new skills



Cost is £5 per person to cover the cost of materials.

Date: Thurs Nov 18th
Time: 10.00am - 11.30am
Venue: Deeside Enterprise Centre

Sugarcraft Festive Ornament

Come along and learn how to make sugar craft Cake toppers All materials will be supplied and you get to take your lovely creations home with you.

You will learn:

•••

How to use and shape sugar paste

How to colour sugar paste

How to use different techniques to make your topper



Date: Mon Nov 29th & Dec 6th
Time: 10.00am - 12.00pm
Venue: Flint Library

Decorating a Festive Cake

Decorate a small cake

During this session you will

- Learn to cover the cake in sugar paste
- Create sugar paste figures for the top of the cake
- Wrap the cake, making it look professional.



Date: Mon Dec 13th & 20th
Time: 10.00am - 12.00pm
Venue: Flint Library

These courses are provided by
FCC Mental Health Support Services

Seasonal Decoration Making

Seasonal Wreath and Table arrangement workshop. Come along for a fun, creative and relaxed session. Make these lovely items to take away with you at the end of the session!

Cost £5 per person for the materials



Date: Thur Dec 16th
Time: 10.00am - 12.00pm
Venue: Deeside Enterprise Centre



Learn new skills and meet new people, whilst getting a qualification by doing fun, interactive courses.

YOU choose the courses, examples include floristry, mosaic making, communication skills and each will last for 3 weeks.

Contact:

Alison Adams - 07920595409

Karen Griffith - 07776452471

for more information



Improve your skills and confidence with Cole
Cambria's FREE skills for adults courses

**COLEG CAMBRIA – DEESIDE SITE
CONNAH'S QUAY, CH5 4BR**

| DAY | WHEN? | WHAT? |
|-----------|------------------|------------------|
| Monday | 9.30am - 11.30am | English or maths |
| Monday | 12.30pm - 2.30pm | English or maths |
| Monday | 6.00pm - 8.00pm | English or maths |
| Tuesday | 6.00pm - 8.00pm | English or maths |
| Wednesday | 6.00pm - 8.00pm | English or maths |
| Thursday | 6.00pm - 8.00pm | English or maths |

**LEESWOOD COMMUNITY CENTRE, KING ST,
LEESWOOD, CH7 4SB**

| DAY | WHEN? | WHAT? |
|--------|------------------|------------------|
| Monday | 9.30am - 11.30am | English or maths |

**HOLYWELL LEISURE CENTRE
NORTH RD, HOLYWELL, CH8 7TQ**

| DAY | WHEN? | WHAT? |
|----------|------------------|------------------|
| Monday | 9.30am - 11.30am | English or maths |
| Thursday | 12.00pm - 2.00pm | English or maths |

**FLINT RIVERDEE CENTRE,
CASTLE ST, FLINT, CH6 5PF**

| DAY | WHEN? | WHAT? |
|---------|------------------|------------------|
| Tuesday | 9.30am - 11.30am | English or maths |
| Tuesday | 12.00pm - 2.00pm | English or maths |

**SALTNEY MORRISONS COMMUNITY ROOM,
HIGH ST, SALTNEY, CH4 8RU**

| DAY | WHEN? | WHAT? |
|---------|------------------|------------------|
| Tuesday | 9.30am - 11.30am | English or maths |
| Tuesday | 12.00pm - 2.00pm | English or maths |

**BUCKLEY, OUR LADY OF THE ROSARY
CHURCH, JUBILEE ROAD, BUCKLEY, CH7 2BF**

| DAY | WHEN? | WHAT? |
|-----------|------------------|------------------|
| Wednesday | 9.30am - 11.30am | English or maths |
| Wednesday | 12.00pm - 2.00pm | English or maths |

**LEESWOOD COMMUNITY CENTRE, KING ST,
LEESWOOD, CH7 4SB**

| DAY | WHEN? | WHAT? |
|-----------|------------------|------------------|
| Wednesday | Call for Details | English or maths |

QUEENSFERRY/SHOTTON TBA

| DAY | WHEN? | WHAT? |
|-----------|------------------|------------------|
| Wednesday | Call for Details | English or maths |
| Thursday | Call for Details | English or maths |

PARKFIELDS COMMUNITY CENTRE ASH GROVE, MOLD CH7 1TB

| DAY | WHEN? | WHAT? |
|----------|------------------|------------------|
| Thursday | 9.30am - 11.30am | English or maths |
| Thursday | 12.30pm - 2.30pm | English or maths |



Other courses may be available so please contact
Student Services on

0300 30 30 007

or email

skillsforadults@cambria.ac.uk

Free Classes



Are you looking to further improve your skills in English & maths?

Do you want to improve your job prospects, gain a qualification, or just help your children with their homework?

Why not join the free classes run by Coleg Cambria?

Classes are friendly and informal. You can join at any time during the year.



*FREE classes from September every Wednesday 9.30am to 11.30am and 12pm to 2pm at Our Lady of the Rosary Church, Jubilee Road, Buckley

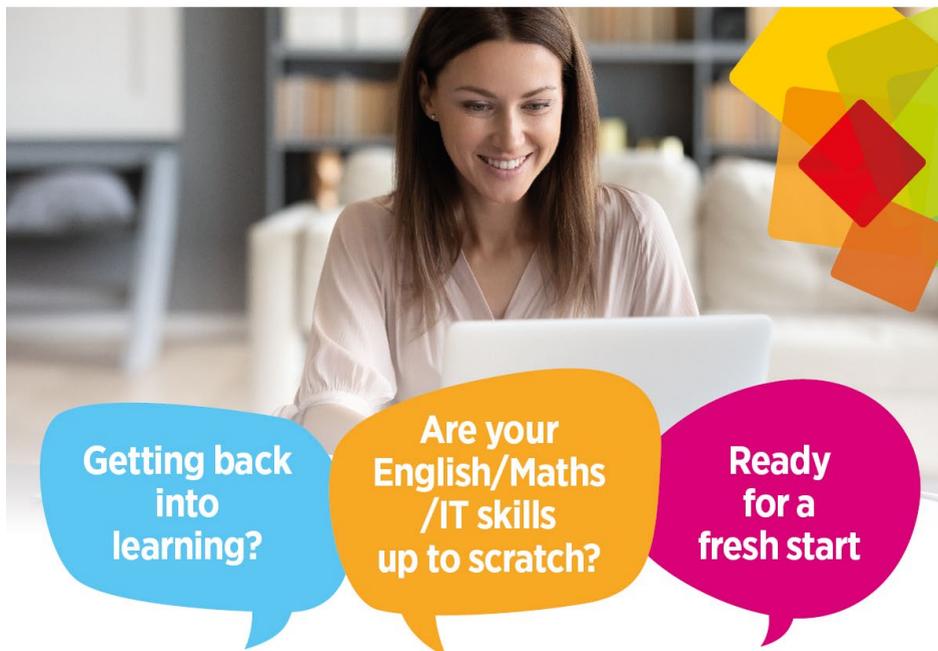
For more information or to add your name to the waiting list, please ring 01978 267369



Need a qualification and don't know where to start?



FREE



Getting back
into
learning?

Are your
English/Maths
/IT skills
up to scratch?

Ready
for a
fresh start

Enrol onto Coleg Cambria's
FREE TASTER COURSE
and find out more.

With a range of opportunities to progress,
this could be just the course for you!

All levels and abilities welcome.

NEXT COURSE:

New class starting in Leeswood Community
Centre every Monday 9:30am to 11:30am.
Come along on Monday 6th September for a
chat with us and to find out more about the
courses we can offer.
Call/ text Heather on 01978 267369 or
07925145753 to find out more or book a place!

Email skillsforadults@cambria.ac.uk
to find out more and book your place

www.cambria.ac.uk | 0300 30 30 007

Free Classes



Are you looking to further improve your skills in English & maths?

Do you want to improve your job prospects, gain a qualification, or just help your children with their homework?

Why not join the free classes run by Coleg Cambria?

Classes are friendly and informal. You can join at any time during the year.



New *free classes starting in Morrisons Community Room, Saltney every Tuesday 9:30am to 11:30am and 12pm till 2pm from 7th September 2021.

Call/ text Heather on 01978 267369 or 07925145753 to find out more or book a place!



Computer Courses for Beginners



**Would you like to learn how to
use a computer with confidence?**

We have the courses for you!

Using a Computer for the First Time 6 week course

This course is aimed at learners with very little or no experience of using a computer. On the course you will learn digital skills such as using the keyboard, typing documents, sending an email and making a video call. You will use a laptop, PC or Chromebook during this course*. Once you have completed this course, you may want to go onto our Entry Level 3 Essential Digital Skills course to improve your skills further.

Entry Level 3 Essential Digital Skills 13 week course

This course is aimed at learners who already have some basic digital skills. On the course you will develop your digital skills for life and you will also be introduced to digital skills for work. You will cover things such as online safety, searching the internet for information, shopping online, filling out online forms, word processing skills and using email. You will use a laptop, PC or Chromebook during this course*.

Using a Tablet Computer 10 week course

This course is aimed at learners who want to become more confident using a tablet computer*. You may bring your own tablet or use one provided by the college in the lessons. You will learn new digital skills such as changing the settings on a tablet, using a tablet to search for information online, using email, shopping online, filling out online forms and downloading and using different apps. You will also learn about online safety.

*Learners may bring their own devices or use one provided by the college during the course.

There is a possibility of achieving a recognised qualification on some of the courses.

**For more information, please email us at
skillsforadults@cambria.ac.uk**

www.cambria.ac.uk | 0300 30 30 007

These courses are provided by Coleg Cambria

Talacre Looking at Nature around us

Thursday 16th September 2021 10am - 3pm

- This session will offer a chance to explore the conservation projects and the wildlife
- and fauna of the nature reserve and the dunes area. Our host will find sand lizards, natter jack toads, newts, toad spawn and other common resident creatures and bring them to show to our members.
- In the afternoon, we will go on the hunt for egg cases (mermaid's purses) to identify the species that lay here. The samples we collect, become data for part of a large on going conservation research project.
- We will also incorporate litter picking – 'picking for plastic' and 'nurdle hunting' into this group.



Talacre At the Colliery

Wednesday 22nd September 2021– 10am to 3pm

- Morning session: At the bird hide for high tide; spotting waders,
- oyster catchers and water fowl.
- Hopefully a trip to the visitors centre (rule dependent) afternoon session;
- History of the industrial changes that the colliery brought and the 'Talacre through the ages'.
- Looking back to WW2 and how Talacre housed many families around the dunes.



Would you like to...

Learn more about a healthy way to lose weight
Become more active
Get support and ideas to help change your eating habits

Then why not join...

Foodwise for Life

An 8 week programme to help you
manage your weight the healthy way

Fun and friendly sessions which cover a range
of useful topics to support and encourage you.

-  Portion sizes
-  Dealing with hunger & craving
-  Moving more!
-  Food Labels
-  Overcoming barriers
-  Swap it don't stop it!

Next course; **Tuesdays 10:00-11:30am** starting on the **7th of September 2021 until 26th of October 2021**
At Flint Library

To **book** a place or for more information please contact
The BCUHB Health Improvement Team on 03000 859 625

Tim Gwella Iechyd
Health Improvement Team



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

newid am oes
Bayn'n dda Spud mwy Bgan's brack
change 4 life
Eat well Move more Live longer



© Crown copyright 2012
WGS1462

Tai Chi

Looking to improve your health and fitness?

Why not sign up to our new **8 weeks** of **FREE** exercise and healthy lifestyle advice.



Next course; **Tuesdays 12:00-13:00am** starting on the **7th of September 2021** until **26th of October 2021**

At Flint Library

To **book** a place or for more information please contact
The BCUHB Health Improvement Team on 03000 859 625

Tim Gwella Iechyd
Health Improvement Team



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

THE LIVING LIFE TO THE FULL LIFE SKILLS PROGRAMME

**Free 8 week
programme that
explores different
ways to improve
wellbeing and reduce
anxiety.**

**Explore thinking
styles, behaviour
change techniques
and relaxation
strategies.**

**Next programme
runs Thursday's
13:00-14:30
between 9th
September – 28th
October 2021**

At Flint Library

To book a place or for more information
please contact; Health Improvement Team
on 03000 859 625

BCU.HealthImprovementTeam@wales.nhs.uk

North East Wales Mind activities

<http://www.newmind.org.uk/events-calendar>



The Group

New Emotional & Relationship Management Group

Difficulties with strong emotions or a diagnosis of personality disorder often come with stigma and discrimination and little in the way of practical support. Yet the feelings that led someone to seek support in the first place are very real and can be hard to manage, causing problems with relationships, isolation, feelings of abandonment and great distress.

This is a new weekly support group for people living in Flintshire who'd like to discover more about how emotions and behaviours are affecting themselves and others. There'll be a chance to learn new self-management techniques and to work on having healthier relationships. It will help people feel more in control, and gain self-confidence and self-esteem.

When: every Wednesday starting in April

Where: online (may start to meet in person once restrictions are eased)

Time: 1pm to 2.30pm

Limited places available.

Contact: flinthub@newmind.org.uk





Coming soon to the
Flint hub
Dads group
Contact:
flinthub@newmind.o
rg.uk



North East Wales Mind
Zoom reading group
every other Friday
1.30pm – 2.30pm –
starting 1 May at
1.30pm

Whether you enjoy crime, romance, short stories, poetry, cookery books or car manuals we want you to share what we are reading during the 'lockdown' or an old time favourite.

Choose something and bring it to the session or just join in to see what others are reading. Look forward to seeing you there.

Send me your email so I can invite you to the group – steph.walsh@newmind.org.uk



North East Wales
Gogledd Ddwyrain
Cymru



Coming soon to the
Flint Well-being Hub
Flint Well-being
Walks. Contact:
flinthub@newmind.o
rg.uk



Flint Hub: 1-2-1
appointments now
available, strictly by
appointment.
Contact:flinthub@ne
wmind.org.uk



Live Life to the Full

Feel happier, sleep better
do more and feel more confident

12 hours
that can
change
your life

The things
you do
that mess
you up

Why does
everything
always go
wrong

How to fix
almost
everything

8
Friendly
sessions

I can't be
bothered
doing
anything

10 things
that make
you feel
happier
straight
away

Are you
strong
enough to
keep your
temper?

Are you
strong
enough to
keep your
temper

Thursday Sept 16th, 23rd, 30th & Oct 7th, 14th, 21st
6pm - 7pm

One to one zoom sessions are also available by arrangement.

The course is friendly and fun. You will learn how to feel more in control of your life and improve your experiences.

Contact:
Claire Murray
Claire.murray@newmind.org.uk
01352 974430
07878 113599



North East Wales
Gogledd Ddwyrain Cymru



Mindfulness Based Cognitive Therapy (MBCT) Free 8 Week Online Mindfulness Course

Mindfulness is a proven and effective intervention for those seeking to improve their mental health and wellbeing. This 8 week course will give you an understanding of, and a range of tools to manage stress, depression and anxiety. The course will introduce you to a range of mindfulness practices, and regular home practice will build upon taught skills and help you develop new coping mechanisms.

This 8 week online course will give you an understanding of, and a range of tools to manage stress, depression and anxiety.

September 20th – November 23rd.

No session Tuesday October 26th

Tuesdays 6.00 pm – 8.00 pm

For more information please call 01352 974430 or email
enquiries@newmind.org.uk

 **mind**
for better mental health
a b eio gael iach, e meudai | North East Wales
Gogledd Ddwyrain Cymru

To book contact Parabl on 0300 777 2257

 **Parabl**[★]
Talking Therapies Partnership



Free 6 Week Online Stress Management Course

NE Wales Mind's Online Stress Management Skills course is designed to help people understand and manage stresses in their life. It's for you if you're struggling with mild stress and anxiety. It's based on proven Cognitive Behavioural Techniques.

What will you learn? • What stress is and why it happens • How to pinpoint the causes and effects of stress in your life • How to break the vicious cycle of stressful thinking using proven Cognitive Behavioural Techniques • Practical ideas and tools to manage stress • Simple relaxation techniques • How sleep, diet and exercise can help

Stress management is aimed at those with mild to moderate levels of distress. To find out if the course might be right for you please contact Parabl on 0300 777 2257.

7 week online course designed to help people understand and manage stresses in their life

July 20th - August 31st Tuesday evenings 6.30 - 7.30pm

September 7th - October 19th Tuesday evenings 6.30 - 7.30 pm

October 26th - December 7th Tuesday evenings 6.30 - 7.30pm

For more information please call 01352 974430 or email enquiries@newmind.org.uk



North East Wales
Gogledd Ddwyrain Cymru

To book contact Parabl on 0300 777 2257

Parabl Talking Therapies Partnership



"My Time" Yoga

Enjoy flowing movements and gentle relaxation for a happier, calmer life. Suitable for all ages and abilities including complete beginners. Community yoga session.

Ring 01352 97 44 30 for more details, email
Claire.murray@newmind.org.uk

Fridays 10.30am – 11.30am via zoom

North East Wales Mind
The Wellbeing Centre
23b Chester Street
Mold CH7 4EG

newmind.org.uk



North East Wales
Gogledd Ddwyrain Cymru

| Zoom Activities | Description | Dates and times | Contact for details |
|-----------------|---|-----------------------------|--|
| Wellbeing Walks | each week we are in a different area to cover Flint, Mold and Wrexham. | Tuesdays 1.30pm 1 hour | enquiries@newmind.org.uk 01352 974430 |
| Quiz | A varied quiz with lots of discussion and debate about the questions and answers. | Wednesdays 12.30 - 1pm | enquiries@newmind.org.uk 01352 974430 |
| Chair yoga | A very calming and relaxed session for all abilities. Please take care of yourself and let the instructor know if you have any particular things you need to be careful about. | Wednesdays 1.30pm 1 hour | enquiries@newmind.org.uk 01352 974430 |
| Drop-in | A general drop-in as above. Often includes a short relaxation session for those that wish to take part. | Thursdays 2pm - 5pm | enquiries@newmind.org.uk 01352 974430 |

| Zoom Activities | Description | Dates and times | Contact for details |
|-----------------|---|--|---|
| Craft | <p>A different craft focus, each week. Discussion and demonstration and hands on craft. Some people bring their own activity and it is quite calming to chat while we work together. We are always looking for people willing to share their own craft ideas to inspire others.</p> | <p>Friday 1.30pm every other week – Phone or email if you want to check which week we are on. Or check the on-line calendar http://www.newmind.org.uk/events-calendar</p> | <p>enquiries@newmind.org.uk 01352 974430</p> |
| Reading | <p>People bring whatever books articles or subjects they are interested in at that time and discuss what has captured their imagination. Some reading aloud but this is optional. You don't even need to bring a book or subject if you don't want to you can join and listen to what other people have to say. Everyone who attends has been inspired to find out more about something or read a book suggested by others in the group. An varied mix from cookery, gardening, poetry, biographies, inspirational quotes and everything in –between.</p> | <p>Friday 1.30pm every other week Phone or email if you want to check which week we are on. Or check the on-line calendar http://www.newmind.org.uk/events-calendar</p> | <p>enquiries@newmind.org.uk 01352 974430</p> |

Self-Advocacy for Empowerment

SKILLS FOR A STRONGER VOICE!

Develop your confidence to express your views.

Bring about positive changes in your life.

Know your rights and where to get help and support. Choose as many courses as are helpful to you.

All sessions are designed to make a positive difference. Most transport costs are refunded, refreshments and drinks provided are totally free. The SAFE programme is available to service users, carers and anyone with mental health concerns.

Some courses are also open to staff and volunteers.

CONFIDENTIAL, INDEPENDENT, FREE

ONE POSITIVE THOUGHT IN THE MORNING CAN CHANGE YOUR WHOLE DAY!

All sessions will be held online using Microsoft Teams. (Help will be provided over the phone to get you set up) You will need a computer/laptop, or you can download the Microsoft Teams app on your iPad/tablet or mobile phone. Sessions will be held on Tuesdays at 11:15pm,

Wednesdays at 1:15pm. **You only attend one day per week**

All sessions run for approximately 1 hour with the choice to stay on at the end for some relaxation or breathing exercises.



The five ways to wellbeing.

The five ways to wellbeing are a great way to build your confidence. In this session you will learn about five of the most important ways to improve and maintain your mental health and wellbeing, from connecting with others, to getting out into nature. Why not come along and find out what the five ways to wellbeing can do to help you!



| Week Number | Week |
|-------------|--|
| Date & Time | Tues Sept 14th & Sept 21st 2021 11:15 - 12:15pm |
| Date & Time | Wed Sept 15th & Sept 22nd 2021 1:15 - 2:15pm |

2 week course (you either attend the Two Tuesdays @ 11:15am-12:15pm or the Two Wednesdays @ 1:15pm-2:15pm)

Living on a budget.

Living on a budget isn't easy, especially if you are on a low income. This session is full of helpful tips for managing your money. Learn about apps available to download for free on your phone/tablet that will help you keep track of your income and out goings. Find out ways to save money for hobbies and money to go towards Christmas shopping or Birthdays. Also, helpful tips on making the most of the bits you buy and where is good to shop.



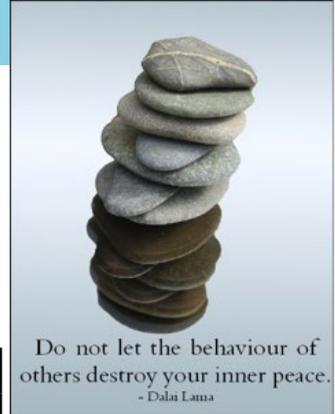
| Week Number | Week |
|-------------|--|
| Date & Time | Tues Sept 28th 2021 11:15 - 12:15pm |
| Date & Time | Wed Sept 29th 2021 1:15 - 2:15pm |

1 week course (you either attend the Tuesday 11:15am-12:15pm or the Wednesday 1:15pm-2:15pm)

Building calm

This session will be run over 2 weeks

A look at anger and how to better control it using SAFE techniques to calm the mind and considerably reduce the amount of anger you show in stressful situations, helping you to build calm into your life.



| Week Number | Week |
|-------------|---|
| Date & Time | Tues Oct 5th & Oct 12th 2021 11:15 - 12:15pm |
| Date & Time | Wed Oct 6th & Oct 13th 2021 1:15 - 2:15pm |

2 week course (you either attend the Two Tuesdays or the Two Wednesdays)

Come rain or shine

A session about dealing with stress and anxiety, what can we put in place and what tools can we use?



| Week Number | Week |
|-------------|---------------------------------------|
| Date & Time | Tues Oct 18th 2021 11:15 - 12:15pm |
| Date & Time | Wed Oct 19th 2021 1:15 - 2:15pm |

1 week course (you either attend the Tuesday or the Wednesday)

THREE WEEK BREAK!

The compassionate me

Do you find you are harder on yourself than others? Are you self-critical about everything you do?

Self-compassion is simply giving the same kindness to ourselves that we would to others. This session will give you the tools to understand how this is possible.

Remember it is important to be kind to yourself, and it is a good way to feel emotionally stable.



| Week Number | Week |
|-------------|--|
| Date & Time | Tues Nov 16th & Nov 23rd 2021 11:15 - 12:15pm |
| Date & Time | Wed Nov 17th & Nov 24th 2021 1:15 - 2:15pm |

2 week course (you either attend the Two Tuesdays or the Two Wednesdays)

You are not your thoughts

In this session we take a look at what thoughts are, how we process them and why they are often negative thoughts. We will also look at some helpful tools to control these thoughts to stop them running away with themselves.



| Week Number | Week |
|-------------|---|
| Date & Time | Tues Nov 30th & Dec 7th 2021 11:15 - 12:15pm |
| Date & Time | Wed Dec 1st & Dec 8th 2021 1:15 - 2:15pm |

2 week course (you either attend the Two Tuesdays or the Two Wednesdays)

Review



This review session will be a lovely way to reflect on our progress. Your thoughts, opinions and suggestions are invaluable to us. We will sit down together and look at what has worked, what we can improve and what sessions you think may benefit you in the future.

| Week Number | Week |
|-------------|---------------------------------------|
| Date & Time | Tues Dec 14th 2021 11:15 - 12:15pm |
| Date & Time | Wed Dec 15th 2021 1:15 - 2:15pm |

1 week course (you either attend the Tuesday or the Wednesday)

Christmas fun day



Our Christmas fun day gives you a chance to participate in some festive games. It is a very relaxed session full of quizzes and jokes. It is a great session to end the year with and one that you are sure to enjoy!

| Week Number | Week |
|-------------|---------------------------------------|
| Date & Time | Tues Dec 21st 2021 11:15 - 12:15pm |
| Date & Time | Wed Dec 22nd 2021 1:15 - 2:15pm |

1 week course (you either attend the Tuesday or the Wednesday)

**These courses are provided by
Advocacy Services North East Wales**

FLVC Supported Volunteering Programme

FLVC

Flintshire Local Voluntary Council
Cyngor Gwirfoddol Lleol Sir Fflint

Volunteer with us and you can:

Improve your health & wellbeing

Increase your confidence and self esteem

Meet new people and have fun

This course is fully funded for any adult or young person aged 14+ and living in Flintshire

Join us for a 6 week programme to try a taste of Volunteering in your local community, you will be fully supported to:

- ⇒ Try something new
- ⇒ Learn new skills
- ⇒ Gain a Level 1 Accreditation in Voluntary Work Skills

How do I find out more?

'It has been a good learning experience and confidence builder'

Contact the Volunteer Centre on 01352 744000 or

Email: Volunteers@flvc.org.uk

Spaces are limited (maximum 10 participants)

'I've met some lovely people and it was nice being in such lovely surroundings too'

'This course has given me the confidence to volunteer on my own I volunteer at 2 places every week now'



Are you supporting anyone who is thinking of volunteering?



Topics we cover during our 6 week programme:

Volunteering

Group Working
Communication

Diversity & Equality

This course is fully funded for Flintshire residents

Flintshire Local Voluntary Council have many years' experience of supporting individuals into volunteering within their local communities.

We provide bespoke support for individuals who may be struggling with their mental health, confidence or have a learning difficulty.

Adults and Young People 14yrs upwards

We can support them with:

Volunteering taster sessions (in line with government safety regulations)

Provide an online Level 1 accreditation in Volunteering Skills

Support to move individuals into independent volunteering

Please contact the **Volunteer Centre Team** on 01352 744000 or volunteers@flvc.org.uk

Or complete the [Online Referral Form](#)

Spaces are limited (maximum 10 participants)

Flintshire Local Voluntary Council
Corlan, Unit 3
Mold Business Park
Wrexham Road, Mold CH7 1XP





Welcome to KIM'S Virtual Hub!

As you know, our ethos at KIM is about getting people out and about and active in the community, which is pretty much the opposite of what we are being asked to do to keep safe at the moment. Our Virtual Hub means that we can still have groups together, share ideas, keep in touch and continue to feel part of a community.

We appreciate the feeling of joining a group may feel a little daunting if you haven't tried a KIM group before. We are providing some smaller 'intro' groups to help you test equipment and see one or two people to begin with.

Just get in touch – we will try our very best to support you.

For those without internet access, we can offer one to one support over the phone.

We are now offering Zoom, In-person and Hybrid groups so please read the group information carefully to see which delivery method your choice of groups is using. Our Hybrid groups involve a small number of people attending our Hubs in-person, Zooming together via our large-screen equipment. Individuals will be invited to attend Hybrid sessions, to prioritise those who lack online access at home.

If you're 16+ and interested in what we have to offer, please contact us on

01352 872189 or email

info@kim-inspire.org.uk

<http://kim-inspire.org.uk/kim-virtual-hub/>>



Mondays

SAVVY SHOPPING (ZOOM)

12.30pm - 2.30pm

One of the most exciting things about living independently is that you get to stock your own fridge. No more being told what to eat-hooray! However, with great power comes great responsibility and budgeting for the weekly shop is a real and unavoidable responsibility. Come along to KIM's group, in partnership with Coleg Cambria, to find out more.



PERSONAL DEVELOPMENT (ZOOM)

1.30pm - 2.30pm

Come and join us for our brand-new course. Recognise your own qualities, skills and abilities whilst developing your self-esteem and confidence and planning how to achieve your personal goals.

Starting on 20th September

Tuesdays

HISTORY OF NORTH WALES (ZOOM)

1.00pm - 2.00pm

Following on from our popular summer taster session, this group will delve into the history of North Wales in more detail. Led by Keystone Heritage.



ACT ON ANXIETY (ZOOM)

1.00pm - 2.00pm

Does anxiety control what you can and can't do? Worry and fear can have a huge impact on our lives. This group will help you to learn how to manage anxious thoughts and feelings and take charge of your life!

We will be working towards creating a life where you focus on what truly matters to you, living the life you want to live and being the person you want to be.

GRWP CYMORTH IECHYD MEDDWL (ZOOM)

1.00yp - 2.00yp

Ymunwch a ni yn Zoom i grwp Cymorth Iechyd Meddwl. Bydd cyfle i sgwrsio, trafod a rhannu syniadau am lawer o bethau, er engraifft, sut i deimlo'n fwy cadarnhaol ac yn fwy hyderus.

Bydd hefyd amrywiaeth o bethau i'w gwneud fel crefftau, coginio ar lein a llawer mwy.

Felly ymunwch a ni yn y grwp newydd yma pob dydd Mawrth dechrau Medi 21ain o 1-2 y.p.

This is a mental health support group for fluent Welsh speakers.



Wednesdays

KIM 4 HER GROUP (HYBRID)

10:30am - 11.30am

This is our group for women where we explore how to make positive changes in our lives. From Sept, we will be looking at 'Holistic Health', which includes healthier relationships and healthier finances as well as improved physical and mental health.

KIM 4 HIM GROUP (HYBRID)

1.30pm - 2.30pm

The sessions will look at a whole host of subjects, such as improving mental health and overcoming social anxieties. We will also bring in skilled facilitators to look at health and nutrition, the natural world. There will also be opportunities to learn about other support and activities in your local area.



K4YP PEER SUPPORT AND MOTIVATION SESSIONS (IN-PERSON)

3.30pm - 5.00pm

A unique responsive space for young people to champion and support each other and to learn from others!

Thursdays

CREATIVE THURSDAYS (ZOOM)

10.00am - 11.30am

This is our KIM volunteer-led group where we will explore creative activities and ideas. You will be set some challenges and have a space to discuss and share your creative achievements. We will also host a mini book group and will have some festive activities in the lead-up to Christmas.

GLOBE TROTTER THURSDAY (ZOOM)

1.00pm - 2.00pm

Embark with us on a journey around the world and learn about places and cultures in a fun and relaxed environment. We are going to look into different continents, local customs, and traditions. This group is perfect for curious individuals and those interested in broadening their cultural horizons.

GET REEL-FILM PROJECT (HYBRID)

2.00pm - 4.00pm

Skill-sharing and collaborating to make a series of mini films on a variety of themes. Will involve lots of opportunities to film and create outside of the sessions too.



Fridays

BREW AND DO (SOME DIY) HOLYWELL HUB (IN-PERSON)

10.00am - 11.30am

Try your hand at different aspects of DIY including; Painting and Decorating, Timberwork and other skills needed around the home. It's also an opportunity to socialise and have a cuppa.

GARDENING AT HOLYWELL HUB (IN-PERSON)

12.30pm - 2.00pm

Led by experienced volunteers, come along and get involved in a range of activities in the garden from researching, planning, planting and enjoying nature. All experience levels welcome.



We know the thought of joining may be a little daunting if you haven't tried a KIM group before.

Don't worry - we are here to support you.

01352 872189

email - info@kim-inspire.org.uk

<http://kim-inspire.org.uk/kim-virtual-hub/>>



Aura

New Adult Community Learning Courses across Flintshire

Aura Leisure and Libraries and Deeside Community Trust are working together to offer a broad range of adult courses across Flintshire. Fully funded by the Adult Community Learning grant, courses are available to anyone aged 19 or older who would like to learn a new skill, gain a qualification or improve their physical and mental wellbeing.

If your organisation or community group is working with adults who would benefit from adult learning, or if you would like to develop a volunteering programme, we can help.

If you're interested in taking part in an adult learning funded course, keep a look out on the Aura Leisure & Libraries and the Deeside Community Trust Facebook pages for details.

The types of courses on offer include:

- **Zoom**
- **IT Skills**
- **Family History**
- **Photography**
- **Childcare**
- **Teaching Assistant**
- **Food Safety**
- **Manual Handling**
- **Interview Skills**
- **Art**
- **Craft**
- **Start your own Business**
- **Physical and Mental Wellbeing**
- **Upcycling**

For further information please contact either:

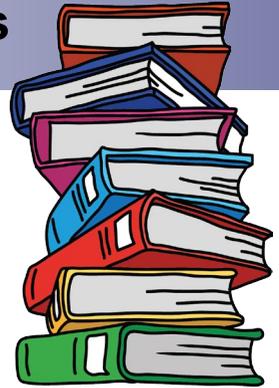
**Susannah.hill@aura.wales or
info@deesidecommunitytrust.co.uk**



**Ymddiriedolaeth Gymunedol
GLANNAU DYFRDWY**
DEESIDE Community Trust



Aura Library online activities



Rhymetime - every Thursday afternoon 2pm

Storytime - every Friday afternoon 2pm

Babies and Books- every Friday 10.30am

Holiday craft sessions and special events

<https://www.facebook.com/LlyfrgelloeddAuraLibraries/>

We also have a YouTube channel *aura wales* where people can watch our videos throughout the week

Interactive Zoom activities- for more information and to register email Susannah.Hill@aura.wales

Reading Friends Group

Second Tues of month 11am

Second Wed of the month 7pm

Ffrindiau Darllen- Siarad Cymraeg (Welsh Language Reading Friends)

Second Tues of the month 7pm

Ffrindiau Darllen- Dysgu Cymraeg (Welsh Learners Reading Friends)

Second Wed of the month 2pm

Family History Group

Second Tues of the month 2pm

Rhymetime Group & Babies and Books sessions

Third Thurs of the month 2pm and special sessions when possible

Children's Reading Group

Last Thurs 4pm



Gogledd Ddwyrain Cymru
Dysgu Cymunedol i Oedolion

Adult Community Learning
North East Wales

We are delighted to officially launch the new North East Wales Adult Community Learning partnership, a joint venture between Flintshire County Council and Wrexham Country Borough Council to provide the very best adult learning opportunities and outcomes in our communities.

We will be working together to ensure the very best opportunities and outcomes for adult learners in NE Wales, from engagement courses for those of you who are seeking a new interest and would like to meet like-minded people, to those who need a particular qualification to progress onto the next stage of your career.

We are truly a partnership based in the community and are continuously seeking ideas and feedback into what our community needs.

Our official launch starts the week commencing the 6th September 2021



Like us on Facebook
@northeastwalesacl





Adult Community Learning Sessions Aura Wales

| Course | Start Date | End Date | Day | Time | Venue | More Information / Bookings |
|--------------------------------|------------|------------|----------|------------------|-----------------------|--|
| Mindfulness | 06.09.2021 | 11.10.2021 | Monday | 2.30 till 3.30pm | Zoom | Stephanie.fearnley@aura.wales |
| Mindfulness | 01.11.2021 | 06.12.2021 | Monday | 2.30 till 3.30pm | Zoom | Stephanie.fearnley@aura.wales |
| How to Get Online | 09.08.2021 | 20.09.2021 | Monday | 10 till 11am | Mold Library | 01352 703780 |
| How to Get Online | 16.08.2021 | 27.09.2021 | Monday | 2 till 3pm | Flint Library | 01352 703737 |
| How to Get Online | 12.08.2021 | 16.09.2021 | Thursday | 2 till 3pm | Connah's Quay Library | 01352 703730 |
| Introduction to Family History | 20.09.2021 | 25.10.2021 | Monday | 2 till 3pm | Mold Library | 01352 703780 |

Free places available via funding from North East Wales Adult Community Learning Grant



aura.wales



aura_wales

www.aura.wales

Wellbeing Directory

Useful Local and national resources for helping with your mental health and wellbeing.

Local mental health support

Advocacy Service North East Wales

01352 759332

www.asnew.org.uk

Providing an independent, confidential and free advocacy service for people living in Flintshire or Wrexham experiencing mental health problems.

CALL Helpline (Community Advice and Listening Line)

0800 132737

www.callhelpline.org.uk

Wales wide mental health 24 hour telephone helpline.

Community Drug and Alcohol Service (CAIS)

www.cais.co.uk

Flintshire 01244 831 798

Wrexham 01978 261125

Helping people who are having problems with addictions, mental health, personal development and employment.

The FDF (formerly the Flintshire Disability Forum)

01352 756618

www.thefdf.org.uk

Working together to nurture, develop and support enablement, equality, independent living and mobility throughout Wales.

Hafal

01792 816 600

www.hafal.org

National Welsh charity for people with serious mental illness and their carers.

KIM (Knowledge, Inspiration, Motivation)

01352 872189

www.kim-inspire.org.uk

Helping and inspiring people to improve their mental health through engagement with group led activities throughout Flintshire and Wrexham.

Meic

0808 80 23456 / Text 84001

www.meiccymru.org

Information and advice for children and young people (under 25) in Wales.

North East Wales Mind

01352 974430

www.newmind.org.uk

Helping people across Flintshire and Wrexham to recover from mental health problems and stay emotionally healthy.

Parabl

0300 777 2257

www.parabl.org

Offers talking therapies for people with mild to moderate mental health problems.

SOBS (Survivors of Bereavement by Suicide)

01352 755895

www.uksob.org

Providing an opportunity to talk confidentially with someone who has been bereaved by suicide and to know that you are not alone in your experience.

National mental health support

Anxiety UK

08444 775 774

www.anxietyuk.org.uk

Working to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services.

BACP Find a Therapist Directory

01455 883300
www.bacp.co.uk

Through the British Association for Counselling & Psychotherapy (BACP) you can find out more about counselling services in your area.

BEAT

0808 801 0677
www.beateatingdisorders.org.uk
Offering advice on eating disorders.

CALM

0800 585858
www.thecalmzone.net
Campaign Against Living Miserably; support for young men aged 15 to 35.

The Centre for Mental Health

020 7827 8300
www.centreformentalhealth.org.uk
Working to improve the quality of life for people with mental health problems.

Combat Stress

0800 138 1619
www.combatstress.org.uk
Offering mental health support for veterans and their families.

Hearing Voices

01437 769982
www.hearingvoicescymru.org

Offering information, support and training to better understand and respond to the needs of people who hear voices and those who support them.

HOPELine

0800 068 4141
www.papyrus-uk.org
Suicide prevention advice and support for anyone under 35.

Mental Health Foundation

020 7803 1101
www.mentalhealth.org.uk
Improving the lives of those with mental health problems or learning difficulties.

MIND

0300 123 3393
www.mind.org.uk
Providing advice and support to empower anyone experiencing a mental health problem.

No Panic

0844 967 4848
www.nopanic.org.uk
Supporting people who experience panic attacks and OCD.

PANDAS Foundation

0843 28 98 401
www.pandasfoundation.org.uk
Supporting every individual with pre (antenatal), postnatal depression or postnatal psychosis in England, Wales and Scotland.

The Samaritans

116 123
www.samaritans.org
A charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide.

SANELine

0300 304 7000
www.sane.org.uk
Support and information for people affected by mental illness, their families and carers.

SCOPE

0808 800 3333
www.scope.org.uk
Campaigning to challenge and change negative attitudes about disability while providing direct services.

Self Injury Support

0117 927 9600
www.selfinjurysupport.org.uk
Focussing on improving support and knowledge around self-injury.

Together

020 7780 7300
www.together-uk.org
Supporting people through mental health services.



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Supporting Mental Health

The Lodge, Deeside Enterprise Centre,
Shotton, Deeside, CH5 1PP

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