

Flintshire Learning for  
**Recovery &**

**Wellbeing**

Let's get started!

**2022**

May - August

**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 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](mailto:info@flintshirewellbeing.org.uk)

[www.flintshirewellbeing.org.uk](http://www.flintshirewellbeing.org.uk)

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



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[www.flintshirewellbeing.org.uk](http://www.flintshirewellbeing.org.uk)

All depending on Welsh government restrictions as to whether courses can run indoors. If not they can be run outdoors at Growing places weather permitting.



# Lego Modelling Taster Session

If you have never used Lego as a way of mindfulness this taster session could be the opportunity to try something new.

A chilled-out taster session using Lego as a means of relaxation to promote wellbeing. Come along and have a go or you'll never know.

We hope that if people enjoy this activity it may run as a weekly group activity.

Lego model Kits are supplied to use on the day.



**Date:** Wed Apr 20th  
**Time:** 1.30pm - 3.30pm  
**Venue:** Location Deeside Enterprise Centre: Gloucester

# Mindfulness & Tai-Chi

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.

30mins at the end of the session will be Tai-chi. If you want to just attend this come at 11am



**Date:** Tues Apr 26th, May 3rd, 10th, 17th & 24th  
Tues Jun 14th, 21st & 28th Jul 5th, 12th, 19th  
**Time:** 11.00am - 12.30pm  
**Venue:** St Ethelwolds

# Wepre Walk

A two hour walk around Wepre through the woods, visiting the ruins of Ewloe Castle. Bring a packed lunch to enjoy at the end or visit the cafe. No stiles and a marked path this walk is suitable for all levels of fitness including beginners, the pace will be gentle and enjoyable. Wear comfortable boots or trainers, check the weather forecast and bring a waterproof if needed.



**Date:** Thurs May 5th  
**Time:** 10.45am - 12.45am  
**Venue:** Meet at the Wepre Park Cafe

# 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 £6 per person to +cover the cost of materials.

**Date:** Tues May 3rd  
**Time:** 10.00am - 11.30am  
**Venue:** Growing Places

## Sugarcraft cake topper

Learn how to create a unique cake topper from sugar paste

The tutor will guide you step by step to create your own piece to take home.

You will also be shown how to customize them so they can be used for any occasion



**Date:** Mon May 9th & 16th  
**Time:** 10.00am - 12.30pm  
**Venue:** St Ethelwolds

## Metal Can Art

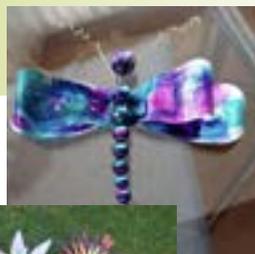
On this session you will learn how to make metal art from recycling drinks cans.

The tutor will be there to support

All materials will be provided

Please wear old clothes as the alcohol ink stains

No experience required



**Date:** Wed May 11th or Wed Aug 10th  
**Time:** 10.00am - 1.00pm  
**Venue:** St Ethelwolds

# Screen printing

During this session you will be shown:

How to create your own small sample of a screen print.

The tutor will explain what screen printing is how and where it's used.

Demonstrate what equipment is used and how.

You will then get to have a practice before making your own sample



**Date:** Wed May 4th or Aug 24th  
**Time:** 12.30pm - 3.30pm  
**Venue:** St Ethelwolds

# 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.



**Date:** Thurs May 26th, Jun 9th, 16th 23rd  
**Time:** 10.00am - 12.00pm  
**Venue:** Deeside Enterprise Centre

These courses are provided by  
FCC Mental Health Support Services

## Needle felting sessions

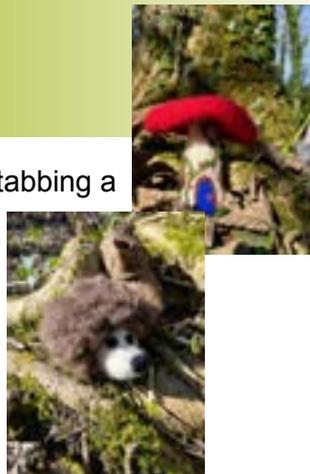
Needle felting is a craft that involves repeatedly stabbing a needle into a piece of wool in order to stiffen and shape it into the desired form

On the 1st session we will make a needlefelted Hedgehog

On the 2nd session we will make a needle felted Fairy toadstool

All materials will be supplied

No experience needed



**Date:** Tues Jun 7th or Tues Aug 16th

**Time:** 12.30pm - 3.00pm

**Venue:** Mold Library

## Floristry basket of flowers

Come and make a floral arrangement in a basket using a mix of flowers. Learn how to position flowers and create a beautiful display to give as a gift or something special for yourself.



There is a £8 cost to cover the basket and flowers

**Date:** Tues Jun 14th

**Time:** 10.00am - 11.30am

**Venue:** Growing Places

## Art Journaling

In this course we will be creating pages in response to inspirational quotes e.g. Take life one cup at a time. I will provide an example page each week and image templates for you to use or adapt to copy mine or create your own page using different techniques each week.



**Date:** Tues Jun 21st, 28th Jul 5th, 12th, 19th 26th  
**Time:** 1.00pm - 3.00pm  
**Venue:** Flint Library

## Wildlife Photography

On this session Mark will talk through how he achieves his amazing photographs of wildlife and nature.

Along the way you will get hints and tips how to get the best from your camera and Mark will show some of his amazing work .



**Date:** Wed Jul 6th  
**Time:** 1.00pm - 3.00pm  
**Venue:** Deeside Enterprise Centre, Gloucester room

## Wreath Making

Come and make a mixed wreath using seasonal mixed flowers and foliage. Can be placed in memory of a loved one or used to hang on a door. The session will be relaxed and friendly come and see what you can create.



There is a £8 cost to cover the flowers

**Date:** Mon Jul 11th  
**Time:** 10.00am - 11.30am  
**Venue:** Growing Places

## Drawing sessions

In this four week drawing course you will explore light, perspective and texture using a variety of mediums and papers.

No Experience needed , all materials supplies.



**Date:** Thurs Jul 7th, 14th, 21st 28th  
**Time:** 10.00am - 12.00pm  
**Venue:** Deeside Enterprise Centre

## Easy Meals Make and eat sessions

Over 4 weeks you will learn how to prepare a different meal and dessert each week.

Cooking and preparing simple nutritious meals

Everyone will take part in prepping and cooking

At the end of the session you will be able to sample what you have made.

Suitable for all levels or no experience



**Date:** Mon Aug 1st, 8th, 15th, 22nd

**Time:** 10.00am - 1.00pm

**Venue:** St Ethelwolds

## 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:** Tues Aug 2nd

**Time:** 10.00am - 11.30am

**Venue:** Shotton

# Seasonal flower arrangement

Join us to make a mixed seasonal arrangement using a variety of flowers. Learn how to place flowers to create a beautiful display. Come and have some fun.

There is an £8 cost to cover the flowers on this session



**Date:** Tues Aug 30th  
**Time:** 10.00am - 11.30am  
**Venue:** Growing Places

### FLINTSHIRE SOCIAL PRESCRIPTION

NEED HELP OR INFORMATION REGARDING THE SUPPORT THAT IS AVAILABLE IN YOUR AREA?

- SUPPORT GROUPS
- BEPRENDING
- SOCIAL GROUPS
- SPECIALIST ADVICE
- COMMUNITY GROUPS AND ACTIVITIES
- AND MUCH MORE

CONTACT FLVC'S SOCIAL PRESCRIPTION SERVICE

### WHAT HAPPENS NEXT?

1. YOU OR A PROFESSIONAL THAT YOU ARE WORKING WITH CAN REFER YOU TO THE SERVICES
2. WE WILL CONTACT YOU TO DISCUSS YOUR OPTIONS
  - Support groups in the area
  - Health and wellbeing programmes - e.g. walking, meditation groups.
  - Information on training, work and volunteering
  - Learning and social opportunities - art classes, gardening groups, social groups.
  - Practical support - debts, benefits, housing and money management advice.
3. THEN WE WILL HELP YOU GET THE RIGHT SUPPORT

### WHAT ARE THE BENEFITS?

- REDUCE MEDICAL APPOINTMENTS
- IMPROVE QUALITY OF LIFE
- IMPROVE HEALTH AND WELLBEING
- EMPOWERMENT
- OPTIONS
- REDUCE LONELINESS
- RAISE CONFIDENCE

Contact us and ask to speak to a Social Prescriber:  
Tel: 03000 658858  
support@flvc.org.uk

Contact us if you would like FLVC to promote your services/activities or projects.

FLVC  
FLINTSHIRE VOLUNTARY COUNCIL  
FLINTSHIRE COMMUNITY FOUNDATION  
FLINTSHIRE COUNCIL  
FLINTSHIRE HEALTH PARTNERSHIP  
FLINTSHIRE POLICE  
FLINTSHIRE FIRE AND RESCUE  
FLINTSHIRE MIND  
FLINTSHIRE NHS  
FLINTSHIRE YOUTH COUNCIL

# YOU & YOUR BUMP SESSIONS



advance  
brighter  
futures  
a helping hand for people's mental wellbeing



**FREE**

**5** THAT CAN **CHANGE** YOUR LIFE  
*fun friendly sessions*

In just five, enjoyable sessions, you can learn how to get the most out of your pre-natal experiences and prepare yourself for parenthood.

With the help of supportive worksheets and suggestions to try, you will learn how to improve your feelings so that you can enjoy both your pregnancy and your future role as a parent.

You will also meet other expectant parents online and have a lot of fun!

**TIME/DATE:** Mondays | 1:00pm - 2:30pm  
Starts 9<sup>th</sup> May 2022\*

**COST:** FREE

**LOCATION:** Online via a live video link  
(instructions to be provided)

**CONTACT:** ☎ 01978 364777  
✉ info@abfwxm.co.uk

\* These dates run throughout the year - please get in touch if you need to find out more.

**ORIGINAL COURSE**  
BY DR CHRIS WILLIAMS

Course has been adopted by PRAMS,  
a project run by ABF.



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**5 WEEKLY SESSIONS OF 1.5 HOURS**



ABF is a company limited by guarantee (no. 04052135) and a registered charity (no. 1089638).

These courses are provided by  
FCC Mental Health Support Services

# YOU & YOUR BABY SESSIONS



advance  
brighter  
futures  
a helping hand for people's mental wellbeing

**FREE**

**6** THAT CAN **CHANGE YOUR LIFE**  
*fun friendly sessions*

In just six, enjoyable 90-minute sessions, we aim to help you make positive changes in your life as you experience new parenthood.

With the help of a little book and supportive guidance at each session, you will learn how to improve your feelings when you feel low, worried or hopeless and also learn skills that will help you tackle problems in your life.

You can also meet other new parents online and have a lot of fun!

**TIME/DATE:** Mondays | 10:30am - 12:00pm  
Starts 9<sup>th</sup> May 2022\*

**COST:** FREE

**LOCATION:** Online via a live video link  
(instructions to be provided)

**CONTACT:** ☎ 01978 364777  
✉ info@abfwm.co.uk

\* These dates run throughout the year - please get in touch if you need to find out more.

## ORIGINAL COURSE

BY DR CHRIS WILLIAMS  
& DR MICHELLE HARING

Course has been adopted by PRAMS,  
a project run by ABF.



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## 6 WEEKLY SESSIONS OF 1.5 HOURS



ABF is a company limited by guarantee (no. 04052135) and a registered charity (no. 1089638).



**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

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

DAY	WHEN?	WHAT?
Monday	9.30am - 11.30am	English or maths
Monday	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 DOUGLAS PLACE COMMUNITY  
CENTRE, SALTNEY, CH4 8PB**

DAY	WHEN?	WHAT?
Tuesday	9.30am - 11.30am	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

**DEESIDE LEISURE CENTRE  
QUEENSFERRY**

DAY	WHEN?	WHAT?
Wednesday	9.30am - 11.30am	English or maths

**PARKFIELDS COMMUNITY CENTRE  
ASH GROVE, MOLD CH7 1TB**

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

Other courses may be available so please contact  
Student Services on

**0300 30 30 007**

or email

**skillsforadults@cambria.ac.uk**

# Taking control of your bills



Find your bills confusing?

Not sure your bills are correct?

Want to find the cheapest utility provider?

\*subject to eligibility

Enrol onto Coleg Cambria's **FREE 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:

Coming soon to a place near you!

To register your interest or to find out more please call Heather on 01978 267369 or email [skillsforadults@cambria.ac.uk](mailto:skillsforadults@cambria.ac.uk)

Email [skillsforadults@cambria.ac.uk](mailto:skillsforadults@cambria.ac.uk) to find out more and book your place

[www.cambria.ac.uk](http://www.cambria.ac.uk) | 0300 30 30 007

# Computer Courses for Beginners



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

\*FREE subject to eligibility  
Classes available near you. Call  
01978 267369 or email  
[skillsforadults@Cambria.ac.uk](mailto:skillsforadults@Cambria.ac.uk) to find  
out more.

## Using a Computer for the First Time 10 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\*.

## Level 1 and 2 Essential Digital Skills 13 week course

The Essential skills Wales level 2 Digital Literacy qualification has been designed to support those who are competent with using a digital device further. By enrolling on the course you will develop a wealth of new digital skills which you can apply to everyday life and work.

## Staying Safe Online 6 week course

Short course to help you keep yourself safe online including interacting with others safely, protecting your devices and sharing

## 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 apps. If you have a smartphone you will also learn about online safety.

For more information, please  
email us on

[www.cambria.ac.uk](http://www.cambria.ac.uk) | 0300 300 300

# 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!

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



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NHS.uk



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.**

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

# Tai Chi and Yoga

Looking to improve your health and fitness?

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



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  
GENERAL  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

## 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.

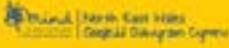
Send me your email so I can invite you to the group –  
[steph.walsh@newmind.org.uk](mailto:steph.walsh@newmind.org.uk)



North East Wales  
Gogledd Ddwyrain  
Cymru



Flint Hub: 1-2-1  
appointments now  
available, strictly by  
appointment.  
Contact: [flinthub@newmind.org.uk](mailto:flinthub@newmind.org.uk)





## "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 10.00am - 11.00am via Zoom

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

[newmind.org.uk](http://newmind.org.uk)

 **mind** | North East Wales  
NEW MIND | NEW MIND  
NEW MIND | NEW MIND  
Cogaedd Ddwyrain Cymru



## Mindfulness Based Cognitive Therapy (MBCT) FREE 8 Week Online Mindfulness Course

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

W/c 31st May 2022 – 26th July 2022.

Tuesday evenings 6.00 pm – 8.00 pm.

For more information please call 01352 974430 or email [enquiries@newmind.org.uk](mailto:enquiries@newmind.org.uk)

## Free 7 Week Online Stress Management Course

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

26th April 2022 – 7th June 2022

Tuesday evenings 6.30 – 7.30 pm

For more information please call 01352 974430 or email [enquiries@newmind.org.uk](mailto:enquiries@newmind.org.uk)



To book contact Parabl on 0300 777 2257



## Community Wellbeing Activities and Events – Times & Dates

**🧘 Mindfulness and Meditation** – Come and join Mind Wales on our free online mindfulness and meditation course. This course is available on a 12-week basis. It is a free course and you can access it at any time.

**Date:** Every Monday

**Where:** Online via Zoom (link in the email)

**Time:** 4.00 – 5.30pm

**Booking link:** <https://www.walesmind.org.uk>



**🧘 My Time Yoga** – This is a 30-minute online yoga class. It is a free class and you can access it at any time. This course is available on a 12-week basis. It is a free course and you can access it at any time.

**Date:** Every Tuesday

**Time:** 9.00 – 10.00am

**Where:** Online via Zoom

**Booking link:** <https://www.walesmind.org.uk>

**🧠 Online Quiz** – A free online quiz to test your knowledge of the course material.

**Date:** Every Thursday

**Time:** 12.00 – 1.00pm

**Where:** Online via Zoom



**🧘 Online chair yoga** – A free online yoga class. It is a free class and you can access it at any time. This course is available on a 12-week basis. It is a free course and you can access it at any time.

**Date:** Every Thursday

**Time:** 1.00 – 2.00pm

**Where:** Online via Zoom

**☕ Online Social Drop-In** – An online social drop-in for people who are struggling with their mental health.

**Date:** Every Friday

**Time:** 1.00 – 2.00pm

**Where:** Online via Zoom



**🧘 Online My Time Yoga** – This is a 30-minute online yoga class. It is a free class and you can access it at any time. This course is available on a 12-week basis. It is a free course and you can access it at any time.

**Date:** Every Friday

**Time:** 10.00 – 11.00am

**Where:** Online via Zoom

**🌱 Clubhouse & Community Garden Events** – This is a free online course for people who are struggling with their mental health. It is a free course and you can access it at any time. This course is available on a 12-week basis. It is a free course and you can access it at any time.

**Booking link:** <https://www.walesmind.org.uk>



### Saturday Drop-In

An opportunity to enjoy a hot drink with others who have had a similar experience. You can talk to others about your experience.

**Date:** Every Saturday **Time:** 12.00 - 1.30pm

**Venue:** Tyddyn Street Church, Tyddyn Street, Mold, CH7 1DX

### Tea & Chat Workshops

Join the Mind community with a warm and friendly atmosphere. You will have the opportunity to meet others who have had a similar experience. You can talk to others about your experience. You can also have a hot drink with others who have had a similar experience.

Each of the workshops will be held on a regular basis. We will have a hot drink with others who have had a similar experience.

**Date:** Every Tuesday, Thursday & Friday **Time:** 12.30 - 1.30pm

**Venue:** The Mind Centre, 10-12, Victoria Road, Mold, CH7 1DX



### Live Life to the Full (LLTF)

An opportunity to enjoy a hot drink with others who have had a similar experience. You can talk to others about your experience. You can also have a hot drink with others who have had a similar experience.

Participants will be encouraged to 'Live Life to the Full' by taking part in a range of activities. You will have the opportunity to meet others who have had a similar experience. You can talk to others about your experience. You can also have a hot drink with others who have had a similar experience.

**Date:** Every Monday, Tuesday & Wednesday **Time:** 10.00 - 11.00am

**Venue:** The Mind Centre, 10-12, Victoria Road, Mold, CH7 1DX

For more information on our activities and events,  
contact us on 01352974430 or email  
[communitywellbeing@newmind.org.uk](mailto:communitywellbeing@newmind.org.uk)

# Bailey Hill - Mold Castle Guided Walk and Talk

**THURSDAY 26TH MAY 2022**  
**10.30am to 2.30pm**

Come and join us on an Eco Therapy group guided tour and walk around the newly renovated scheduled ancient monument Bailey Hill Castle site in Mold, CH7 1RB. We will have two tour guides taking us across the site.

After we have explored the historical castle site (built around 1140), we have full use of the visitor's centre facilities, before we enjoy a lovely bring your own picnic!

Please contact Wellbeing & Recovery Social

Worker Amy: Text, call on: 07717 483519

Email: [amy.luckhurst@flintshire.gov.uk](mailto:amy.luckhurst@flintshire.gov.uk), to secure a place.

Venue details: Bailey Hill Mold Castle, Pwll Glas, Mold, CH7 1RB – Meet at the gate





# Woodland Wellbeing



Learn more about the woods and nature. Spend time connecting with the outside world. Using traditional methods, we will work with wood taken directly from the trees to make some basic products such as:

a spatula or a mallet.

We will also have the opportunity to make charcoal and a woven fence panel called a hurdle.

**Join us at: Bodfari  
Woodland Skills Centre**

**Starting in May - dates to be confirmed**

**Please email  
[steph.walsh@newmind.org.uk](mailto:steph.walsh@newmind.org.uk)  
if you would like to come along.**



Mind Cymru, Wales Mind  
The Wellbeing Centre  
336 Chester Street  
Wrexham, CH2 1FG  
01948 973420

[www.newmind.org.uk](http://www.newmind.org.uk)  
[enquiries@newmind.org.uk](mailto:enquiries@newmind.org.uk)

Free helpline: 0800 137 222. For Mental Healthcare

Wales Mind - Wales Cymru Cyflwr Iechyd Meddygol

Registered in England and Wales: Registered charity No 2668703

Registered Office: The Wellbeing Centre, 336 Chester Street, Wrexham, CH2 1FG

Registered Charity No 1126091

**FRIDAY  
20<sup>TH</sup>**

**MAY 2022**

**10.30AM  
TO 2.30PM**

Please bring a packed lunch (we can provide a snack and drink if café open). Walking shoes/boots essential as is appropriate clothing for weather. Mud and Water on site!

# Park in the Past Eco Therapy Group

**FAGL LANE, HOPE, LL12 9RB**

Come and join us in a relaxing walk around this beautiful Conservation site in Hope village. We will be going at our own pace, so we can enjoy the site whilst exploring history and the evolving project. Park in the Past “will be a world-class heritage attraction and research facility”.

“Set in an ancient Welsh landscape, the park comprises 120 acres of outstanding natural beauty offering woodlands and wetlands, a magnificent 35-acre lake and the gorgeous River Alyn, as well as wonderful walks and spacious fields. The project plans to build an amazing prehistoric realm and a full-scale Roman fort and Celtic village. Explore and experience your heritage - the landscape of your ancestors”.

We look forward to seeing you there!

<http://www.parkinthePast.org.uk/>

For more details and to book a place, please contact Amy Luckhurst – Wellbeing and Recovery Social Worker.

Text or Call: 0771 748 3519 or email:

[amy.luckhurst@flintshire.gov.uk](mailto:amy.luckhurst@flintshire.gov.uk)



**Thursday 16th June 2022**  
**10am to 2.30pm**

**Meet at Danger Point Building Car  
Park, Granary Court Business Park,  
Station Rd, Talacre, CH8 9RL**

# Eco Therapy

## Talacre Colliery



**AM:** In the morning we will be crossing the heritage trail around the colliery site, to learn about the part the industry played in the area, but also to take in some of the beautiful views along the pathway. Before lunch, we will reach the Point of Ayr bird hide, where we will be just in time for high tide arriving along with hundreds of bird species, a sight to behold!

**Lunch:** Please bring a packed lunch and a drink with you, as the amenities are not accessible from this end of the trail. We will share lunch together as a group.



**PM:** In the afternoon, we will be walking back towards our meeting point and have opportunities to visit the danger point building as an option, or we can just enjoy a sit down and a cup of tea and a chat at the meeting point.

**Please wear and bring sunscreen, appropriate footwear and clothing for the beach terrain.  
Please bring water and perhaps a hat if it is very sunny.**

**Please contact Wellbeing and Recovery Social Worker at:  
amy.luckhurst@flintshire.gov.uk  
Or call Amy on: 07717 483519 to book a place and confirm your details  
Please note: We may be able to provide transport if you contact us in advance.**



**Monday 27th June** Community Centre car park,  
10am to 2.30pm Gamfa Wen, Talacre, CH89RT

**Meet at community centre car park,  
(just before the bottom beach car  
park). We will cover your parking  
costs on the day.**

# Eco Therapy

## Dunes Conversation/WW2 History/Coastal path route

**AM:** In the morning we will be crossing the dunes exploring with one of the local rangers, about the conservation of the site. Throughout the day we will learn about the WW2 connections with the village. This walk can be more challenging than some others, as the dunes can be steep. We can create two groups if the initial route is too challenging.



**Lunch:** We will be providing lunch for you and a drink, from the Ciywd bakery.

**Please see attached menu and send your choice of sandwich or pasty and drink, along with your confirmation. We will enjoy sharing lunch together as a group.**

**PM:** In the afternoon, we will be walking the coastal path route, enjoying the ocean view whilst keeping an eye out for wildlife. There will be open opportunities all day to chat with others and enjoy yourself! Everyone is encouraged to go at their own pace.



**Please wear and bring sunscreen, appropriate footwear and clothing for the beach terrain. Please bring water and perhaps a hat if it is very sunny.**

**Please contact Wellbeing and Recovery Social Worker at: [amy.luckhurst@flintshire.gov.uk](mailto:amy.luckhurst@flintshire.gov.uk)**

**Or call Amy on: 07717 483519 to book a place and confirm your details**

**Please note: We may be able to provide transport if you contact us in advance.**



Friday 15th July 2022

10am to 2:30pm

Community centre car park, Gamfa Wen, Talacre, CH8 9RT Meet at Community centre car park. (It is just before the bottom beach car park). We will cover your parking costs on the day.

# Eco-Therapy

## Mindfulness at Talacre - A Day at the Beach



**AM:** In the morning we will walk across the beach and some of the flatter dune areas, exploring the surface for treasures in a mindful beachcombing session. This will be a relaxing, non-challenging walk, with opportunities to chat throughout the day and enjoy the surroundings.

**Lunch:** We will be providing lunch for you and a drink, from the Clwyd bakery.

Please see attached menu and send your choice of sandwich or pasty and drink, along with your confirmation. We will enjoy sharing lunch together as a group.



**PM:** In the afternoon we will use our finds from strandline searching, to create 'beach art'. We will share thoughts of the day and enjoy mindfulness at the ocean side. Last year we saw seals so you never know what surprises are in hand!

Please wear and bring sunscreen, appropriate footwear and clothing for the beach terrain. Please bring water and perhaps a hat if it is very sunny. Please contact Wellbeing and Recovery Social Worker at: [amy.luckhurst@flintshire.gov.uk](mailto:amy.luckhurst@flintshire.gov.uk) Or call Amy on: 07717 483519 to book a place and confirm your details.



**Friday 6th May 2022**  
**10am to 3pm**

**Wepre Park—Searching the land  
and water with Natures Guest.**

**Meet at Wepre Park  
Car Park, CH54JR**

# Eco-Therapy Group

**AM:** We will be exploring a route that is accessible to all, across the park site being guided by Helen – Natures Guest. Helen will be asking us to look out for the various plants in season and the wildlife that accompanies them. We will explore the waters and consider the history of the area.



**Lunch:** We will be providing snacks and drinks for everyone from the café attached to the visitors centre. Please feel free to bring food and drink too. We will share lunch together in beautiful natural surroundings.

**PM:** We will be meeting in the seated garden room in the visitor's centre, where we can look forward to a seasonal surprise from Helen, come along and find out what it is!



**Please contact Wellbeing and Recovery Social Worker: [amy.luckhurst@flintshire.gov.uk](mailto:amy.luckhurst@flintshire.gov.uk)**  
**Or call Amy on: 07717 483519**  
**to book a place and confirm your details.**



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

Some courses are also open to staff and volunteers.

**CONFIDENTIAL, INDEPENDENT, FREE**

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

We will be running hybrid sessions, meaning you will all be together regardless of whether you choose to be online or at the venue (Subject to spaces and your current needs.) Online will be held using Microsoft Teams (Help will be provided over the telephone 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 in Flint on a Wednesday. All sessions run for approximately one and a half hours with a ten-minute tea break.

Our hybrid sessions provide the perfect opportunity for our online clients to gain their confidence in the comfort of their own home and it enables them to still feel the benefits of being part of a group. The hybrid sessions also give our face-to-face clients the opportunity to demonstrate to those online that being at the venue is a safe and enjoyable place to be, whilst building on their own confidence.



# All things well that end well

Feeling stressed? Not sleeping well or sleeping too much? Why not come along and find out why this could be happening and learn some helpful ways to a healthier wellbeing. Learn about good sleep hygiene, mood foods and the five ways to wellbeing. All of this can help lower your stress levels, help your sleep pattern, and get you on the right track to a healthier you.

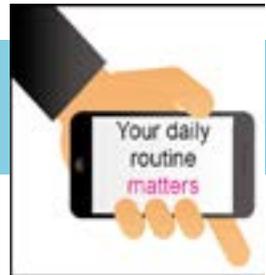


Date, Time & Place	Wed May 11th 2022 1.30 - 3.00pm <b>Flint</b>
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# Routine... the key to good mental health

## Two Week Course

We all know babies and small children need to have a stable routine especially around sleep. This is also true for older children and adults. When we have routine in our lives it helps us to keep going and take good care of our wellbeing. In this course we will look at the importance of having a good routine, how to go about setting up a routine, and how to stick to a routine. We will also discuss what happens when something unexpected occurs and we have to make small changes to our routine.



Date, Time & Place	Wed May 18th 2022 1.30- 3,00pm <b>Flint</b>
Date, Time & Place	Wed May 25th 2022 1.30 - 3.00pm <b>Flint</b>

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

# Managing Time and Priorities

## Two Week Course

We manage time all day every day, but do we do this effectively or do we get stressed about not having enough time? This session will help you to recognise your existing skills and introduce new ones to help you manage your time and priorities better.



Date, Time & Place	Wed Jun 8th 2022 1.30 - 3.00pm <b>Flint</b>
Date, Time & Place	Wed Jun 15th 2022 1.30 - 3.00pm <b>Flint</b>

# An introduction to Mindfulness

## Two Week Course

A relaxing and practical session that will introduce you to what mindfulness is and how you can use it to keep yourself centred in stressful situations. When you practice mindfulness, it can help you to stay focused, sleep better and quieten worry. What's not good about that?



Date, Time & Place	Wed Jun 22nd 2022 1.30 - 3.00pm <b>Flint</b>
Date, Time & Place	Wed Jul 13th 2022 1.30 - 3.00pm <b>Flint</b>

# Setting personal goals

## Two Week Course

Every wondered how you can make your plans and goals work more effectively and how you can stick to them? Looking at the big and small picture can help us on our journey to setting goals. This session will show you what tools there are around to help us do this.



Date, Time & Place	Wed Jul 20th 2022 1.30 - 3.00pm <b>Flint</b>
Date, Time & Place	Wed Jul 27th 2022 1.30 - 3.00pm <b>Flint</b>

# SAFE Personal Boundaries

## Two Week Course

Having personal boundaries can be difficult.

We naturally want to please people and we don't like to say no when asked for help.

However, having **SAFE** personal boundaries is important to maintain good Mental Health. Why not come along and find out what your boundaries are?



Date, Time & Place	Wed Aug 3rd 2022 1.30 - 3.00pm <b>Flint</b>
Date, Time & Place	Wed Aug 10th 2022 1.30 - 3.00pm <b>Flint</b>

# Relabel your life

We move towards what we feel we deserve. If we want a great life, our thoughts and how we see ourselves drive this. If we have negative views or labels about us then these need to be removed and replaced with positive labels. Learn how to re label your life.



Date, Time & Place	Wed Aug 17th 2022 1.30 - 3.00pm <b>Flint</b>
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**FLVC**  
Flintshire Local Voluntary Council  
**CGLISff**  
Cyngrwr Gweinoddol Lleol Sir Flint

*Fully Funded for adults and young people aged 14 + living in Flintshire*

# FLVC Supported Volunteering Project

Supporting you through volunteering – a project for:

Individuals with Autism and/or Mild Learning Difficulties  
Adults with Mental Health Difficulties  
Young People's Project 14 – 25's

Please click [here](#) for the referral form or contact the team for more details:

[volunteers@flvc.org.uk](mailto:volunteers@flvc.org.uk)  
01352 744000

[www.flvc.org.uk](http://www.flvc.org.uk)  
[www.flvc.org.uk/cy](http://www.flvc.org.uk/cy)



Join us for a **6 week programme** to Volunteer in your local community, you will be fully supported

Gain a **Level 1 Accreditation in Voluntary Work Skills**



Improve your Health & Wellbeing  
Boost your confidence  
Improve your communication skills  
Learn a new skill  
Meet new people  
Enhance your CV



Gogledd Ddwyrain Cymru  
**Dysgu Cymunedol i Oedolion**  
**Adult Community Learning**  
North East Wales

All courses are fully  
funded if you are over  
the age of 19

Interested in learning a new skill,  
boosting your career  
opportunities or connecting with  
others in a supportive and fun  
way?

**For Flintshire and  
Wrexham residents**

We are delighted to officially launch the new North East Wales Adult Community Learning partnership, a joint venture between Flintshire County Council and Wrexham County 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.

To find out more about the courses we offer like our Facebook page

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

<https://www.facebook.com/DCiO-Gogledd-Ddwyrain-Cymru-106269388397678>

Our contact details are below:

Tel: 07584 335409

Email: [acl@wrexham.gov.uk](mailto:acl@wrexham.gov.uk) *(For Flintshire and Wrexham residents)*



Fully funded essential skills courses for learners  
19+ living in Flintshire.

COURSE	VENUE	DATES & TIME
I.T. Skills for Beginners 8 sessions in total	Mold Town Centre	Weds & Thur 10 am- 2 pm in May & June
Confidence Building Course 3 sessions in total	Mold Town Centre	Weds 8th - Friday 10th June 1.30 am - 2.30 pm
Confidence Building Course 3 sessions in total	Queensferry	Weds 6th - Friday 8th July 10 am - 2.30 pm
Employability Skills 3 sessions in total	Flint Town Centre	Weds 22nd - Fri 24th June 9.30 am - 2.30 pm
Employability Skills 3 sessions in total	Queensferry	Weds 11th - Fri 13th May 9.30am - 2.30 pm

To book or find out more:

t | 01978 757524

e | [training@groundworknorthwales.org.uk](mailto:training@groundworknorthwales.org.uk)

[www.groundworktraining.org.uk](http://www.groundworktraining.org.uk)





# Repair & Reuse Centre



- Community repair sessions
- Regular upcycling workshops
- Caffi Cyfle

Brunswick Rd, Buckley,  
Flintshire, CH7 2EF.  
Open Mon-Sat

[www.cafficyfle.org.uk](http://www.cafficyfle.org.uk)  
T | 01244 544544





# VOLUNTEER OPPORTUNITIES

The Groundwork North Wales Group and their partner organisations can help you achieve something special!

With many volunteering opportunities to;

- Meet new people
- Gain work experience
- Have fun
- Get outdoors
- Get active
- Give back to your community

## GET IN TOUCH TODAY!



Charity No: 1080838



Charity No: 1093176



Charity No:1004132



Charity No:1161628

[www.groundworknorthwales.org.uk](http://www.groundworknorthwales.org.uk)  
E | [info@groundworknorthwales.org.uk](mailto:info@groundworknorthwales.org.uk)  
T | 01978 757524





Fill in the form to register your interest, or contact [Jane@artandsoultribe.co.uk](mailto:Jane@artandsoultribe.co.uk) to arrange a call to chat about your organisation.

In association with  
**NUCO training**

**Awareness of First Aid for Mental Health Level 1:**

*Summer 2022 (Date TBC):  
Online 10am-2.30pm*

**First Aid for Mental Health Level 2:  
(Full Day)**

*Summer 2022 (Date TBC):  
Ty Calon: 9.30am-5.30pm*

**Supervising/Leading First Aid for Mental Health Level 3:**

*Online: Summer 2022 (Date TBC)  
9.30am-5.30pm (2 Days)*

**Supervising/Leading First Aid for Mental Health Level 3:**

*In person: Summer 2022 (Date TBC)  
Ty Calon: (2 Days)  
9.30am - 5.30pm*



**SAFEGUARD**

Fill in the form to register your interest, or contact [jane@artandsoultribe.co.uk](mailto:jane@artandsoultribe.co.uk) to arrange a call to chat about your organisation.

In association with  
**NUCO training**

**Awareness of Safeguarding Level 1:**

*Summer 2022: Online 10am-2.30pm*

**Awareness of Safeguarding Level 1:**

*Fri 11th Feb 2022: Ty Calon  
1.00pm-5.00pm*

**Principles of Safeguarding & Protecting Children, Young People & Vulnerable Adults Level 3 Online:**

*Summer 2022 Online: 9.30am - 5.30pm*

**Principles of Safeguarding & Protecting Children, Young People & Vulnerable Adults Level 3 In person:**

*Summer 2022: Ty Calon: 9.30am - 5.30pm*

*(DATES TBC)*



To sign up and get more information please email; [jessica@artandsoultribe.co.uk](mailto:jessica@artandsoultribe.co.uk)



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To sign up and get more information please email; [jessica@artandsoultribe.co.uk](mailto:jessica@artandsoultribe.co.uk)

**Welcome to KIM'S Virtual Hub!**

# **KIM Taster Session at The Holywell Hub**

**Tuesday June 7th 2022  
12.00pm - 2.00pm**

You are warmly invited to visit the KIM HUB in Holywell to take part in range of activities. We will have some art and craft and an opportunity to see some of the garden activities on offer. KIM4Him will also be on hand to show you the things they do in regular groups.

Tea/coffee and biscuits too.

[www.kim-inspire.org.uk](http://www.kim-inspire.org.uk)



**01352 872189 or email  
info@kim-inspire.org.uk  
<http://kim-inspire.org.uk/kim-virtual-hub/>>**



**Croeso**

**i grwp newydd sbon KIM**

**Ymynwch a ni yn zoom  
Grwp Cymorth Iechyd Meddwl**

**Croeso cynnes i bawb.**

Bydd cyfle i sgwrsio, trafod a rhannu syniadau am lawer o bethau, er enghraifft, sut i deimlo'n fwy cadarnhaol ac yn fwy hyderus.

Bydd amrywiaeth o bethau i'w gwneud hefyd fel crefftau, coginio ar lein a llawer mwy. Felly, dewch i ymuno a ni yn y grwp a mwynhau cwrdd a phobl newydd a cael hwyl yn y broses.

**Pob Dydd Mawrth o 1yp - 2yp  
yn zoom**

Edrych ymlaen yn fawr i'ch gweld yn y grwp.

**[www.kim-inspire.org.uk](http://www.kim-inspire.org.uk)  
[info@kim-inspire.org.uk](mailto:info@kim-inspire.org.uk) - 01352 872189**

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

## Welcome to KIM's Spring!

We continue to offer in-person and Zoom groups so please read the information in full to see which delivery method your choice of groups is using.

Please think carefully about your choices as we have a high demand for group places. If you are allocated a place, please remember to let us know if you are unable to take that place so we can offer it to someone else.

**PLEASE MAKE SURE YOU BOOK ONTO COURSES AS SPACES ARE LIMITED AND YOU MAY BE REFUSED A PLACE.**

TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Revive and Renew 10:00am - 12:00pm	KIM 4 Her Freshtyn Group 10:30am - 12:00pm	Connect @ KIM Wisdom 10:00am - 12:00pm	Brew and Do (Some DIY) Sofwell 10:00am - 12:00pm
Wisdom Walking Group 10:00am - 4:00pm	ly Fowl Roof Garden 10:30am - 12:30pm	Brew and Do (Some DIY) Freshtyn 10:30am - 12:30pm	Create It, Make It, Take It 10:00am - 12:00pm
Kick Off Your Confidence 11:00am - 12:00pm	KIM 4 Her Sofwell Group 11:00am - 12:00pm	KIM 4 Young People Be It 2 Become It 1:00 - 2:00pm	KIM Pop Up Café 12:30 - 2:00pm
Thinking Flexibly 11:00am - 12:00pm	KIM 4 Her Wresham Group 11:00am - 12:30pm	Globe Trotter Thursday 1:00 - 2:30pm	KIM Community Garden 1:00 - 2:30pm
Eat, Sleep, Meditate, Repeat 1:00 - 2:30pm	KIM 4 Her Group 1:30 - 2:30pm	Connect @ KIM Freshtyn 1:30 - 2:00pm	
Kick Raising Confidence 1:00 - 2:30pm	KIM 4 Her Grow and Grow Gardening Group 1:30 - 3:00pm		
	Creative Community Connections 1:30 - 3:00pm		
	Connect @ KIM 4 Young People 3:30 - 5:00pm		



## **KIM 4 HER HOLYWELL GROUP (IN-PERSON)**

**11:00am-12:00pm**

Join us as we learn how to better manage day-to-day stress and anxiety, increase skills, reach personal goals, and thrive in life. Together, we will focus on improving mental health in a safe, friendly and fun environment.

## **KIM 4 HIM GROUP (HYBRID)**

**1:30-2:30pm**

Connecting all three hubs as well as people joining from home, a space for men to discuss openly, without judgement. The sessions will look at a range of topics, such as improving mental health and overcoming social anxieties. We will also bring in facilitators to look at subjects that affect men, giving us the opportunity to learn new skills in a friendly environment.

## **KIM 4 HER - GROW AND GLOW GARDENING GROUP (IN-PERSON)**

**1:30-3:00pm**

Come and spend some time in the outdoors and meet other like-minded women. This will be an opportunity to learn and practice some basic gardening skills including vegetable planting, willow weaving and bench painting.

## **CONNECT @ KIM 4 YOUNG PEOPLE (IN-PERSON)**

**3:30-5:00pm**

Face to face social interaction, peer support and motivation group. A relaxed weekly get together, where young people can be themselves, free from judgement, take part in or lead social activities, ask burning questions, learn from and champion each other! Just bring yourself and a willingness to participate, and the rest will take care of itself! You are definitely not alone!

# Aura Leisure and Libraries

## **Aura Libraries Regular Events** - must be booked in advance as spaces limited

Broughton (01352) 703760  
Buckley (01352) 703860  
Connah's Quay (01352) 703730  
Deeside (01352) 703770  
Flint (01352)703737  
Holywell (01352) 703850  
Mold (01352) 703780



## **Rhymetime**

Broughton - **Wednesday 10.30am & 11.30am**  
Buckley - **Tuesday & Friday 10.00am & 11.00am**  
Connah's Quay - **Tuesday & Thursday 10.30am**  
Deeside - **Wednesday 11.30am**  
Flint - **Wednesday 2pm & Friday 10.30am**  
Holywell - **Tuesday 9.30 & 10.30am**  
Mold - **Tuesday 9.30 & 10.30am**

## **Babies and Books**

Holywell - **Wednesday 2.30pm**  
Mold - **Friday 10 & 11am**

## **Reading Friends**

Bringing people together to read, share stories, meet new friends and have fun. We use reading – whether books, magazines, newspapers, or anything else – to start everyone chatting.

Deeside Library - **1st Tuesday 6pm**  
Flint Library - **2nd Tuesday 2pm**  
Mold Library - **2nd Thursday 11am**

# Aura Leisure and Libraries

**And via Zoom to join email [Susannah.Hill@aura.wales](mailto:Susannah.Hill@aura.wales)**

Ffrindiau Darllen Siarad Cymraeg - **2nd Tuesday 7pm**

Ffrindiau Darllen Dysgu Cymraeg - **2nd Monday 2pm**

Reading Friends groups for Welsh speakers- Bringing people together to read, share stories, meet new friends and to start everyone chatting. An opportunity to share a love of reading and chat yn Cymraeg for fluent speakers and learners. Email **[Susannah.Hill@aura.wales](mailto:Susannah.Hill@aura.wales) to join.**

## **Family History Group**

Mold Library - **2nd Tuesday 2pm**

## **Make & Meet**

Flint Library- **Last Tuesday 2pm**

These groups are suitable for people living with Dementia and their carers

## **Sporting Memories Group**

Flint Library - **Wednesday 10.30am**

## **Singing for the Brain**

Mold Library - **1st & 3rd Thursday 10.30am**

**[newales@homeinstead.co.uk](mailto:newales@homeinstead.co.uk)**

Why not join one of our Knit and Knatter, Craft and Chat or Games and Scrabble Clubs - just call your nearest library to find out more

## **Adult Community Learning Courses- Free**

**Learn My Way** - How to get Online - 6 week course – all libraries

## **Introduction to Family History**

Mold Library - **Monday 2pm**

Plus Introduction to Mindfulness, Tai Chi and much much more

## **More information and courses**

**<https://www.facebook.com/northeastwalesacl>**

# Aura Leisure and Libraries

**Aura Digital Loan Scheme**

GET CONNECTED  
BETTER CONNECTED  
STAY CONNECTED

Library & Leisure  
**aura**  
Wales & Cardiff

To find out more ask at your local library or contact us on 01352 704400 or via email at [libraries@aura.wales](mailto:libraries@aura.wales)



# Reading Friends Sessions at Aura Libraries

**READING  
FRIENDS**

Our monthly Reading Friends sessions are a fun, welcoming space for people to get together and socialise whilst sharing a love of reading



- First Tuesday of the month 6.00pm at Deeside Library
- Second Tuesday of the month 2.00pm at Flint Library
- First Wednesday of the month 11.00am at Buckley Library
- First Wednesday of the month 2.00pm at Connah's Quay Library
- Second Wednesday of the month 7.00-8.00pm (Zoom session)
- Second Thursday of the month 11.00am at Mold Library
- Children's Reading Group: last Thursday of the month 4.00-5.00pm (Zoom session)
- Ffrindiau Darllen Cymraeg for intermediate Welsh learners: second Monday of the month 2.00-3.00pm (Zoom session)
- Ffrindiau Darllen Cymraeg for Welsh speakers and advanced learners: second Tuesday of the month 7.00-8.00pm (Mold Library/ Zoom session)

For more information please contact your local library or email [libraries@aura.wales](mailto:libraries@aura.wales)

[www.aura.cymru/lyfrgelloedd](http://www.aura.cymru/lyfrgelloedd)  
[www.aura.wales/libraries](http://www.aura.wales/libraries)



Gogledd Ddwyrain Cymru  
**Dysgu Cymunedol i Oedolion**

**Adult Community Learning**  
North East Wales

All courses  
are fully funded  
if you are over  
the age of 19

Interested in  
learning a new skill,  
boosting your career opportunities  
or connecting with others  
in a supportive  
and fun way?

For Flintshire  
and Wrexham  
residents

We are delighted to officially launch the new  
**North East Wales Adult Community Learning partnership**,  
a joint venture between Flintshire County Council and Wrexham County 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.

Our contact details are below:

**07584 335 409**

e: [acl@wrexham.gov.uk](mailto:acl@wrexham.gov.uk)

*(For Flintshire and Wrexham residents)*



To find out more about  
the courses we offer like  
our Facebook page:

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

<https://www.facebook.com/DCiO-Goglledd-Ddwyrain-Cymru-106269388397678>

 DCiO Gogledd Ddwyrain Cymru  
North East Wales ACL

 @northeastwalesACL



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

# Directory

## Local mental health support

### Advocacy Service North East Wales

01352 759332  
[www.asnew.org.uk](http://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](http://www.callhelpline.org.uk)

Wales wide mental health 24 hour telephone helpline.

### Community Drug and Alcohol Service (CAIS)

[www.cais.co.uk](http://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](http://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](http://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](http://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.meicymru.org](http://www.meicymru.org)

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

### North East Wales Mind

01352 974430  
[www.newmind.org.uk](http://www.newmind.org.uk)

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

### Parabl

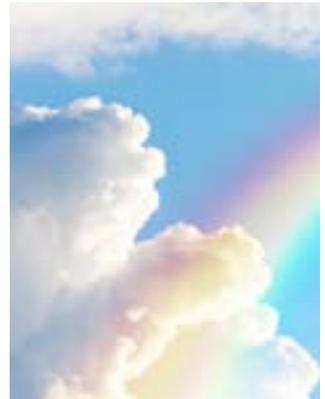
0300 777 2257  
[www.parabl.org](http://www.parabl.org)

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

### SOBS (Survivors of Bereavement by Suicide)

01352 755895  
[www.uksobs.org](http://www.uksobs.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.



# wellbeing



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