

Flintshire Learning for
Recovery &

**Well
being**

Lets get started!

2017

April-September

Programme

Spring into action! Let's Get Started!

Welcome to the Flintshire Learning for Recovery & Wellbeing Programme.

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 Training Partnership", made up of Advocacy Services North East Wales, Flintshire County Council, Flintshire Mind, KIM Inspire, Unllais and Flintshire Local Volunteer Council.

These are free and are available to people in Flintshire who are affected by mental health problems and their carers.

My Name is Karen Griffith I am the new training support worker, I have worked as a support worker in mental health for the past 9 years and am looking forward to getting into my new role and meeting everyone.

Feel free to contact me on the numbers below I will be happy to talk through your options, book a course/activity or organise support to help you attend. As part of this programme you may wish to build up a portfolio of your certificates or achievements.



Find out more ...

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Mob or Text: 07776452471

Email: karen.griffith@flintshire.gov.uk



North East Wales
Gogledd Ddwyrain Cymru



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Sugar Craft Flowers Workshop



Come along and learn how to make sugar craft flowers these beautiful flowers will be a colourful addition to any cake and can be used for any occasion.

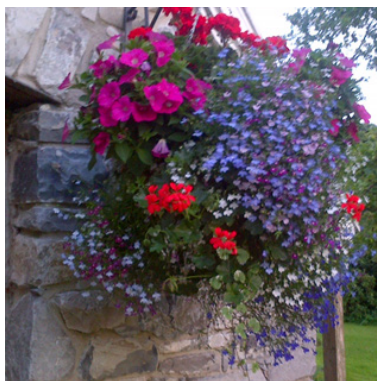
All materials will be supplied and you get to take your lovely creations home with you.

You will learn:

- How to use and shape sugar paste
- How to colour sugar paste
- How to make different flowers with sugar paste.

Date: Wed 26th July 2017
Time: 10.30am -12.30pm
Venue: St Ethelwolds Church Hall, Shotton

Create a Hanging Basket or Planter



Come along and learn how to create a beautiful hanging basket or small planter

Create a beautiful colourful display to brighten up any space. Our gardening expert, Jeanette, will demonstrate how to make these stunning baskets or planters then you can have a go at doing your own.

All materials will be supplied.

There will be a nominal fee of £5 for those wanting to take their basket or planter home.

Date: Wednesday 24th May 2017
Time: 1pm -3pm
Venue: Growing Places Unit 4 Rowleys Drive

Introduction to Mindfulness course



Are you living with Pain, Illness or Stress? Or would you just like to know more about Mindfulness?

Often we go through our lives on automatic pilot. Rarely do we have time to stop, take stock and pay attention to what is going on around us. Mindfulness helps us to see clearly what is going on in our lives and gives us tools to allow and 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. We can step away from our habitual responses that can be unhelpful, and find new ways of responding to the inevitable ups and downs of life.

Find out more about what mindfulness is and what are its benefits. Take part in short practices, discussions and experience mindfulness through Tai Chi Movements for Well-being each week.

Information on where to find out more about mindfulness and resources that are available on-line will be provided, as well as weekly information sheets.

Date: Wednesday 26th April, 3rd, 10th, 17th & 24th May
Time: 10.00am - 11.00am
Venue: St Ethelwolds Church Hall Shotton
17th May Session at Deeside Leisure Centre

Mindfulness Course

This course is designed to follow on from the introduction to Mindfulness course. It is a condensed version of the Mindfulness-Based Stress Reduction Course (MBSR). This is a group programme that focuses upon the progressive acquisition of mindful awareness, of mindfulness. It was designed for those experiencing some degree of pain in their lives, in whatever form. The course involves weekly group meetings, homework, and instruction in three formal techniques: sitting practice, body scanning and simple mindfulness movements in the form of Tai Chi Movements for Well-being. Body scanning is the first formal mindfulness technique taught and entails quietly lying on one's back and focusing one's attention on various regions of the body, starting with the toes and moving up slowly to the top of the head. The sitting practice is done by following the guidance of the instructor or at home using a CD. The mindful movements practiced in the weekly meetings can also be practiced at home. This course is ideally for those who have completed the introduction to mindfulness course and are interested in learning to develop their skills in mindfulness, or who are new to mindfulness and committed to attending the full six week course. A course workbook will be provided for all those who attend.

Date:	Wednesday 14th, 21st, 28th June & 5th, 12th, 19th July
Time:	10.00am - 11.00am
Venue:	St Ethelwolds Church Hall Shotton

This course is provided by FCC Mental Health Support Services

Hill walking Activity



This activity will give people the opportunity to walk, socialise, improve fitness and learn new skills over the different hill ranges in the Flintshire and Denbighshire Borders.

It will also give you the opportunity to experience different outdoor environments and habitats.

Items required for the hill walking:

25/35Ltr Rucksack, waterproof jacket, Good walking boots/ shoes, stretchable trousers (not Jeans), spare socks, spare t shirt and fleece, hat and gloves, packed lunch and drinks (not fizzy) and plenty of enthusiasm
On completion of the introduction session you will have the opportunity to take part in a further 5 sessions with various challenges over different hill ranges on: 28th April, 26th May, 23rd June, 28th July, 25th August and 22nd September.

During this activity you will

- Learn New Skills- basic map reading and orienteering
- Improve Your Mental Health and Well Being
- Improve your physical fitness
- Get a sense of Achievement
- And above all have fun.

Date:	28th April, 26th May, 23rd June, 28th July, 25th Aug, 22nd Sep
Time:	10.00am-3.00pm
Venue:	Meet at Deeside Enterprise Centre, Shotton, CH5 1PP

Creative Writing

Are you an aspiring writer? Do you have an active imagination that you would like to put into words? Do you just want to learn a few hints and tips on what it takes to start writing creatively? If your answer is yes to any of these questions, then this could be the course for you. We will take you through the basics of creative writing to the heart of inspiring literature and will be sure to get your imagination working!

The facilitator will provide the activities and topics each week with room for suggestions and plenty of options to choose from. We will delve into some extracts from popular novels and poems to get you stimulated.

You will also get chance to explore what it takes to become a published writer by delving into some extracts from popular novels and poems, and by meeting local published writers who will be attending some of the workshops to inspire you and give you an insight into their work!

Whether you are a beginner or a skilled writer, come along and get involved!



Date:	5th, 12th, 19th, 26th July, 9th & 16th August
Time:	10.00am-12.00pm
Venue:	Meet at Deeside Enterprise Centre, Shotton, CH5 1PP

**This course is provided by FCC Mental Health
Support Services**

Craft for Relaxation

Come along and test your artistic flair
or just have a bit of fun
Trying your hand at decorating a plant pot
Creating a beautiful MDF wall plaque or
Painting a stone paperweight the choice is yours.
No skills needed just a bit of enthusiasm
And willingness to try something different

Come along have a go it's fun, therapeutic
And something you can do at home
That is great for relaxing.



Date: Wednesday 9th & 16th August
Time: 1.00pm - 3.00pm
Venue: Growing places, Rowleys Drive Unit 4, CH51QJ

Make-up masterclass

Come along and gain confidence in how to choose and apply the right make-up for you to help build your self-confidence. You will be shown by our experienced make-up therapists Who will show you make-up, nail varnish and skin care treatments.

If you want to take part and have a personal makeup session this will be available or you can just come and see the techniques the professionals use.

So come along and have a go.

You will learn:

- How to choose the right make-up
- How to apply make-up to give confidence
- How to apply the right skin care treatments
- How to apply nail varnish to give a polished look



Date: Monday May 8th
Time: 1.00pm-3.00pm
Venue: Coleg Cambria (Meet in Reception)

**This course is provided by FCC Mental Health
Support Services**

Cooking on a budget 6 week

If you would like to learn quick easy and healthy ways of preparing and cooking food on a budget.

Come along and learn new skills and tips for doing this, you will learn how to:

- Save money with new ideas and tips
- Do a weekly meal planner for family meals
- Learn how to make healthy meals and snacks

Sound interesting? Come along and join us have some fun and meet new people on the 6 week course.



Date: Tuesday May 30th, June 6th, 13th, 20th, 27th & July 4th

Time: 5:00 p.m.- 7:30p.m.

Venue: Growing places, Rowleys Drive Unit 4, CH51QJ

Step Up! Step Out! - OCN in Volunteering & Community

This course gives people the opportunity to sample a range of volunteering opportunities throughout the county of Flintshire with support and in the context of a group. The course will include indoor and outdoor volunteering activities.

It will also be possible to gain ICT skills and create a story of your volunteering journey through the digital creative OCN.

The 'out & about' days will take place on Tuesdays from 25 April until 6 June 2017.

The course booklet will be completed as a group on Monday mornings (except bank holidays) at St Andrews Community Hub, Garden City, Deeside.

The introductory and registration session will be held on Monday 24 April 10.00 am – 12.00 noon at St Andrews Community Hub, Garden City, Deeside.

Mini-bus transport will be provided for Tuesdays only.

Step Up! Step Out! - DRU Yoga Session

A free DRU YOGA & RELAXATION session, suitable for complete beginners, all ages & abilities welcome.

There will be no session on Friday 14th April.

Dates:	Every Friday
Time:	10.30am - 11.30am
Venue:	At the Volunteers' Place, Mold Methodist Church, Wrexham Road

These courses are provided by Flintshire Local Voluntary Council and Flintshire Mind, working in partnership

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 designed with you in mind
Most transport costs refunded
Fabulous home baking and fruit for your refreshment

CONFIDENTIAL, INDEPENDENT, FREE

PIP Personal Independence Payments. What you need to know!

Flintshire CAB is running this session for us and will be invaluable to anyone concerned about this benefit. We will look at the

- form filling and the importance of medical evidence
- face to face assessment and the issues found in the health care professional's reports
- mandatory reconsideration process if turned down and how likely the decision will change
- appeal process - wait times, appeal submissions if the appeal is turned down (upper tribunal), and
- how Flintshire CAB can help Information is empowering....

One NOT TO BE MISSED!

Date:	Thursday 15th June
Time:	12pm- 2.30pm
Venue:	Deeside Enterprise Centre Gloucester

SAFE - Facilitator's Course

This course is part of the SAFE Volunteer Programme and will introduce you to facilitation skills so that you are able to take an active role in co-delivering part or all of a SAFE session. This interesting day is available to SAFE volunteers and clients (past and present) and will develop your existing knowledge and skills.

**“Helping to run sessions for SAFE
has opened up a whole new side of me!”**

Date: Thursday 27th April 2017
Time: 11:00am to 3:00pm
Venue: Mold

ASSERTIVENESS - The key to SAFE personal boundaries! 4 week course

Assertiveness is key to good communication and positive personal boundaries. It includes being able to make requests, to saying yes to things that are good for you and no to those that aren't. Assertiveness allows you to listen properly to other people's opinions, manage your time and priorities and express how you feel in a calm and clear way. Being assertive isn't about being bossy or being selfish.

These important aspects of assertiveness improve with practice and confidence. This 4 week course will look at assertiveness in its different forms and give you insight into how it can improve your communication skills.

Date: Thursday 4th, 11th 18th, Wednesday 24th May 2017
Time: 12:00am to 2:30pm
Venue: Mold

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

SAFE - Building Blocks for Confidence

A 3 week course

A very gentle confidence building course with lots of support. There will be interesting conversation and an opportunity for you to feel comfortable being with other people and build on your strengths and interests.

The course is relaxed, funand will help you find ways to build your confidence!

Date: Wednesday 7th, 14th, 21st June
Time: 12.00pm - 2.30pm
Venue: Deeside

SAFE - Understanding the

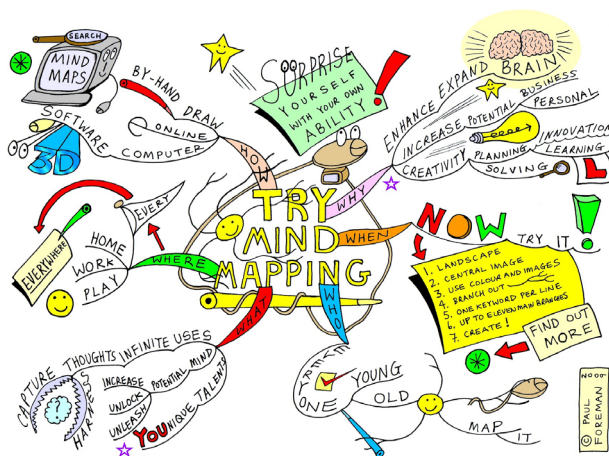
WHAT and the WHY of Anxiety!!

Living with anxiety is really difficult. It affects how we feel, think, behave and how our body works. Other symptoms can include sleeping problems, loss of appetite and difficulty concentrating. This session will be really informative and useful. It will help us to understand the WHAT and the WHY of anxiety, which in turn can help us to have more options when anxiety starts to take hold.

Date: Thursday 6th July
Time: 12.00pm - 2.30pm
Venue: Mold

SAFE - Mind-mapping for a more fulfilled life

Mind maps are basically a diagram that help us to organise our thoughts. They give us a visual image of all the different component parts that go in to making something happen. They are really useful for all sorts of things such as managing your to do list, writing an essay and even having a good life balance. Mind mapping can help you to order your thoughts, priorities, be more creative, solve more problems AND improve your memory. What's not to like?



Date: Thursday 13th July
Time: 12.00pm - 2.30pm
Venue: Deeside

SAFE - Thoughts are not facts

Have you noticed how closely linked our thoughts, feelings and emotions are and that our mind often jumps to conclusions and makes up all sorts of stories about what it sees.

A helpful way of dealing with these stories is to remember that

THOUGHTS ARE NOT FACTS!

Come and find out more.

Date: Thursday 20th July
Time: 12.00pm - 2.30pm
Venue: Deeside

The art of positive thinking ...one step at a time

Keep your thoughts positive because
your thoughts become your words
Keep your words positive because
your words become your behaviour
Keep your behaviour positive because
your behaviour becomes your habits
Keep your habits positive because
your habits become your values
Keep your values positive because
your values become your Ghandi

Date: Thursday 27th July
Time: 12.00pm - 2.30pm
Venue: Deeside

S..T..R..E..T..C..H. Your Comfort Zone.... Guaranteed !

This extended session is guaranteed to help you to see the benefits of stretching your comfort zone! Benefits such as trying new activities, meeting new people, developing new hobbies and skills. The session will be full of fun activities that encourage you to expand your comfort zone and build your confidence... guaranteed! Straight from the horses mouth:

“That was funny, I can’t believe I did that”
“I joined in and had a laugh with people”

Date:	Wednesday 2nd August 2017
Time:	12.00pm - 2.30pm
Venue:	Deeside

SAFE Review. Help us Get it Right

Your thoughts, opinions and suggestions are invaluable to us. The review session is a lovely way to bring the programme to a close, reflect on our progress and have fun. We will sit down together and look at what has worked, what we can improve and what session you think we could do in the future.

Re-view Re-visit Re-think

Date:	Wednesday 9th August 2017
Time:	12.00pm - 2.30pm
Venue:	Deeside

Get Well, Stay Well

Five short workshops to help you create a personal wellbeing plan

This friendly, practical and informal course, based on Wellness Recovery Action Planning (WRAP) will guide you through the process of making your own personal wellbeing plan: focusing on how it feels to be well, listing activities that you love, identifying things that make you worse and planning how you'll get back on track in a crisis.

The focus is on creativity and fun. Each week you'll complete a section of your plan, recording your thoughts in the way that suits you best, whether as a video diary, a series of photographs, a piece of writing or a picture/craft-filled scrapbook. By the end of the course you'll have your own self-help guide to follow whenever you're struggling or your wellbeing needs a boost. It can also help you get your thoughts down on paper as you develop or review your Care Treatment Plan.

*"My own prescription for health is less paperwork
and more running barefoot through the grass."*

Terri Guillemets

Date	Thursday 8th, 15th, 22nd, 29th June & 6th July
Time	1.30pm - 3.30pm
Venue	Mold

Available for: Anyone who'd like to improve their mental wellbeing

Stress Management

NE Wales' Mind's 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 and who are not receiving a service from a Community Mental Health Team. To find out if the course might be right for you please contact

Parabl on 0300 777 2257.

"The greatest weapon against stress is our ability to choose one thought over another."

William James

First Course

Date: Tuesday 25th April & 2nd, 9th, 16th, 23, 30th May
& 6th, 13th June

Time: 6pm – 8pm

Venue: Connah's Quay

Second Course

Date: Wednesday 7th, 14th, 21st, 28th June
& 5th, 12th, 19th July

Time: 6pm – 8pm

Venue: Mold

This course is provided by North East Wales Mind

Mindfulness for depression (MBCT)

This mindfulness course is designed for people who have had more than three or more episodes of depression. It combines mindfulness techniques like meditation, breathing exercises and stretching with elements from cognitive therapy to help break the negative thought patterns that are characteristic of recurrent depression.

MBCT will teach you to pay attention to the present moment, rather than worrying about the past or the future. It'll help you let go of the negative thoughts that can tip you over into depression. It'll make you more aware of your own body, helping you identify the signs of oncoming depression and ward off an episode before it starts.

This course is ideal for people who've completed an introduction to mindfulness or on-line course and who'd like to develop their mindfulness practice further. It's for people who've had three or more episodes of depression in the past, but are currently stable (ie not deeply depressed at the moment).

"If you want to conquer the anxiety of life, live in the moment"

Amit Ray

This course can only be booked through Parabl. To find out if the course might be right for you ring

Parabl on 0300 777 2257 or

email ask@parabl.org.

Date:	Wednesday 10th, 17th, 24th, 31st May & 7th, 14th, 21st, 28th June & 5th, 12th July
Time:	6pm – 8pm
Venue:	Mold

Creative Writing

This is a course for people fascinated by getting their thoughts down in writing. It's for dabblers or devotees. You don't need any expertise, just curiosity to try different writing techniques and see how writing can help you express your experiences. Each week Fiona Diales, an experienced writer with an interest in psychology will guide you as you get your thoughts off your chest and onto your pad.

"One antidote to stress is self-expression. That's what happens to me every day. My thoughts get off my chest, down my sleeves and onto my pad."

Garson Kanin

Date: Monday 8th, 15th, 22nd, 29th May & 5th, 12th, 19th June
Time: 11am – 1pm
Venue: Mold

Relaxation

Relaxation sounds simple, but it's a skill like any other. Our gentle relaxation sessions help you learn how to produce the relaxation response: a state of deep rest that's the polar opposite of the stress response. Led by experienced yoga practitioner Pauline Williams, you'll try different techniques each week so you can see what works for you. Sitting on chairs, and as part of a small group, you'll try out deep breathing, muscle relaxation, meditation and visualisation. No need to book, just come along.

Date: Fridays: every fortnight starting 28th April
Time: 1.30pm to 2.15pm
Venue: The Wellbeing Centre, Mold

This course is provided by North East Wales Mind

Presentation Skills Training

This course aims:

- To give practical hints about public speaking
- To introduce participants to a variety of presentation techniques
- To offer tips on timing and maintaining interest
- To give an opportunity to practice delivering a presentation

Outline programme for the day

- What are presentation skills
- 7 basic steps for presentation
- What to be aware of
- Presentations to pass on information
- Top tips
- Getting started
- Maintaining interest
- Remembering what to say
- Visual aids
- Handling hecklers
- How to end a presentation

At the end of the session all participants will be expected to plan and deliver a short 5 minute presentation on a topic of their choice to the group. Presentations could be on a hobby, something you've done, somewhere you've been, an object etc.

Travel expenses can be reimbursed.

Refreshments and lunch will be provided.

Date: Thursday 11th May
Time: 9.30am - 3:30pm
Venue: Flint Town Hall.

Dealing with Difficult Situations Training

We all come across difficult situations at some point in our lives. The course will draw on your own personal experiences of being in difficult situations and provide practical advice and techniques to help you handle difficult and potentially confrontational situations, confidentially and effectively.

This course aims:

- To explore what we mean by the term 'difficult situations' and how they affect us.
- To explore conflict and why it happens.
- To offer techniques for dealing with difficult situations

Outline programme for the day

- What do we mean by the term 'difficult situations'?
- How do these situations make us feel
- Fears in difficult situations
- Conflict - why it happens and strategies for coping
- Other skills for coping with difficult situations
- Practicing techniques

Travel expenses can be reimbursed.

Refreshments and lunch will be provided.

Date: Thur 13th July 2017
Time: 10.00am - 3.30pm
Venue: Flint Town Hall, Flint.

KIM - Knowledge, Information, Motivation

This term Kim are offering groups for women which include:

- Wellbeing Unwrapped
- Understanding Recovery
- An accredited course in Sociology
- Bouncing Back - (Kim tennis group)
- Kim craft and knit

In addition Kim are offering community cooking and gardening groups for men and women. Come along and:

- Learn new skills
- Connect with others
- Be active in the kitchen and garden
- Take notice of your surroundings
- Give your all!!

For a referral to any of these groups please contact Training Support Worker



Hear/Here – Recovery Focus Group

Here here social events (a support worker will be present in the social event for the first few hours)

All the eights eighty eight!

Fancy a game of bingo?

Thursday 20th of April

Crystal Bingo Shotton.

Meet at 5 o clock outside of the centre.



Fancy a day out in Chester.

A walk around the walls.

A look around the shops.

Maybe some lunch in a café

**Meet at twelve o clock Cathedral
main entrance.**

Saturday the 13th May.



Pentan Live music night

7.00- Meet outside Weatherspoon's in

Mold for some food.

Head over to the Pentan for live music.

Friday June 16th.



Call Rosie for any details on 07825340774.

National Exercise Referral Scheme in Flintshire (NERS) !!

Welcome to the National Exercise Referral Scheme in Flintshire (NERS) !!

Your doctor or practice nurse can refer you to the Exercise Referral Programme if he/she believes that you will benefit from being more physically active. If you are interested in taking part mention it to them on your next visit.

What is NERS?

NERS is a 16 week programme of supervised group exercise classes, suitable for all abilities and run by an Exercise Referral Professional (instructor). You will be contacted by telephone by your instructor to arrange a meeting at your nearest leisure centre.

Exercise Classes:

The group exercise classes will involve many day to day movements that will improve your general fitness, stamina and strength. You may opt for the gym option if you are not comfortable in a group class.

Over the 16 week course we will also aim to provide information about other activities such as Tai Chi Movements for Well-being (TMW), walking groups, Public Swimming and other Physical Activity Classes. All these activities will be optional but a great opportunity for you to find out what else is on offer.

All sessions cost £2.00 per visit. It is recommended that you aim for at least two visits per week.

Tai Chi Movements for Well-being (TMW):

Holywell Leisure Centre Mondays 1.45pm - 2.45pm

Mold Leisure Centre Wednesdays 11.30am-12.30pm

Deeside Leisure centre Wednesdays 1.30pm-2.30pm

TMW is suitable and safe for all abilities. No special clothing or footwear required, just loose comfortable clothing,

These movements come from the tradition of Tai Chi and Chi Kung, They are very quick to learn and simple to perform. They will help increase your body/mind coordination, your circulation, flexibility, balance, your sense of self and feeling of well-being. You can do the movements seated or standing, or a combination of the two. These movements are for you. They help you to relax and feel a sense of well-being every time. Once you have learnt the movements you can do them at home as often as you like.