

ABF: Services Update - June 2018 | [View this email in your browser](#)



## Our Services - Updated June 2018

You can find information about our range of supportive services in this monthly update. Times, dates and availability of courses are potentially subject to change, so we advise you to contact the office to confirm your attendance or find out more information in advance. We also want to make sure that everyone using our services is receiving the right level of care, so please note our following eligibility criteria and referral procedures.

Our **self-referral** services are open for anyone experiencing mental health problems who feel they may benefit by referring themselves. We may however require a *completed suitability questionnaire* before we can confirm a place. Please ring **01978 364777** for more information or click [here](http://goo.gl/9WrHk1) ([goo.gl/9WrHk1](http://goo.gl/9WrHk1)) to download a self-referral form.

**Parabl's services** listed below are aimed at helping people with mild to moderate mental health difficulties and these require a prior *telephone assessment* (please ring the Freephone Parabl number - **0300 777 2257** - to request one).

GPs should feel welcome to signpost to all of our self-referral and Parabl services.

The rest of our services require a **Secondary mental health care referral** (i.e. receiving support from a specialist mental health team or psychiatrist), apart from certain group activities which can be accessed by **self-referral**. You can find a link to our referral form [here](http://goo.gl/9WrHk1) ([goo.gl/9WrHk1](http://goo.gl/9WrHk1)).

All of the services are clearly labelled with the correct admission criteria but please call **01978 364777** if you require further clarification or more information.



## Tools and Strategies for Coping and Resilience or for Helping Others

### Bipolar Education Programme Cymru (BEPC)\*

BEPC is an award winning group education programme for people with bipolar disorder.

The programme is designed to help participants to better understand bipolar disorder, identify early warning signs of highs and lows, and develop skills and strategies to help manage the condition.

BEPC has been developed by the team at the National Centre for Mental Health at Cardiff University with feedback from course participants. We are now working with mental health professionals throughout Wales to deliver the programme.

The programme is delivered at 11 weekly meetings, with each session lasting for two hours. BEPC sessions consist of a combination of presentations, informal group discussions and short exercises.

#### Course Outline:

- Week 1: Introduction
- Week 2: What is bipolar disorder?
- Week 3: Causes of bipolar disorder
- Week 4: Medication
- Week 5: Psychological approaches
- Week 6: Lifestyle approaches
- Week 7: Monitoring mood and identifying triggers
- Week 8: Early warning signature
- Week 9: Friends and Families
- Week 10: Bringing it all together
- Week 11: Information session for friends and families (optional session)

11 weekly sessions from 11<sup>th</sup> April - 20<sup>th</sup> June, 2018

Wednesdays | 11:00am - 1:00pm

3 Belmont Road | Wrexham LL13 7PW

Cost: FREE

*\* BEPC is available to people diagnosed with bipolar disorder, over the age of 18 and living in Wales. The course has now started but please contact us to register your interest if you would like to attend in future.*

### Wellness Recovery Action Plan (WRAP)

Our Wellness Recovery Action Plan (WRAP) is a course that provides the opportunity to construct a framework for challenging unhelpful behaviour, developing positive life strategies and enhancing good mental health.



It is based on the ideas of academic Mary Ellen Copeland and adopts a strengths-based approach, whereby participants are encouraged to locate their own internal resources that can lead to greater wellbeing.

Participants are supported to develop an action plan to implement after the sessions as well as being shown tools that can help them to stay well.

The FREE 6 week course will run on two separate occasions. There will be a morning group purposely for patients at Heddfan and another group scheduled for the evenings available to all.

#### Morning Group:

6 weekly sessions from 9<sup>th</sup> May - 20<sup>th</sup> June, 2018 (no session on 30<sup>th</sup> May)

Wednesdays | 10:00am - 12:00pm

Heddfan Unit | Wrexham Maelor Hospital | Croesnewydd Road | Wrexham LL13 7TD

Cost: FREE

### Evening Group:

6 weekly sessions from 14<sup>th</sup> May - 25<sup>th</sup> June, 2018 (*no session on 28th May*)  
 Mondays | 6:00pm - 8:00pm  
 3 Belmont Road | Wrexham LL13 7PW  
 Cost: FREE

\* *These courses have now started but please contact us to register your interest if you would like to attend in future.*

### COMING SOON: safeTALK - Suicide Alertness for Everyone



safeTALK is a 3½ hour training course that can help you make a difference. Know what to do if someone's suicidal by following the easy to remember TALK steps - Tell, Ask, Listen and Keep-safe. These practical steps offer immediate help to someone having thoughts of suicide and helps you both move forward to connect with more specialised support.

#### Course Aims:

- Identify people thinking of suicide
- Overcome barriers in talking about suicide
- Identify reasons we may miss, dismiss or avoid suicide
- Practice using the 4-step model of suicide alertness
- Connect people at risk of suicide with further appropriate help

The safeTALK course was developed by LivingWorks in Canada and is delivered worldwide. It complements the more comprehensive 2 day ASIST course by conveniently widening the net of suicide alert helpers to ensure that thoughts of suicide aren't missed, dismissed or avoided. The safeTALK course is based on the principles of maximum dissemination and minimum cost.

ASIST supports the National Service Framework (NSF) Standard 7, which looks at suicide prevention.

Monday 23<sup>rd</sup> July, 2018  
 3 Belmont Road | Wrexham LL13 7PW  
 Cost: £20 - you can book online [here](http://here) ([bit.ly/2KVUdrV](http://bit.ly/2KVUdrV))

To find out more about any of the sessions listed, please call **01978 364777** or email [info@abfwxm.co.uk](mailto:info@abfwxm.co.uk)



## Helping with Mild to Moderate Mental Health Difficulties

**Telephone assessment needed for the following courses - please ring 0300 777 2257 for more details**

**Please note:** *If you are interested in any of the courses listed below, we encourage you to contact us as this helps us plan appropriate times and dates. Even if no sessions are currently available for the course(s) that appeal(s) to you, we will put something on as soon as we can if we know there is sufficient interest.*

### ★ Mindfulness (Group Sessions)\*

This is an experiential course, i.e. learning through the reflection of doing, which allows you to develop greater self-awareness, live fully in the moment and be

more in touch with yourself. Practicing with a number of techniques and approaches, you will be able to integrate mindfulness into all aspects of your life and realise the benefits. The course runs for 2½ hours each week and includes one full day of practice. Manual and guided practice CDs are provided to support you at home and in your ongoing mindfulness development.

8 weekly sessions from 11<sup>th</sup> April - 6<sup>th</sup> June, 2018  
Wednesdays | 6:30pm - 9:00pm  
Plus one full day session on a weekend (*date to be confirmed*) | 10:00am - 4:00pm  
3 Belmont Road | Wrexham LL13 7PW

*\* This course has now started but please contact us to register your interest if you would like to attend in future.*

#### ✦ **Managing Stress & Anxiety (Group Sessions)\***

This course is made up of interactive workshops designed to help you manage difficult emotional states. During the interactive sessions you will get to explore and understand more about what is causing your stress and why you are getting anxious. You will discover how to change the way you are thinking about this and also learn some great practical ways to help you relax and reduce the stress and anxiety you are experiencing.

6 weekly sessions from 1<sup>st</sup> May - 12<sup>th</sup> June, 2018 (*no session on 29th May*)  
Tuesdays | 6:00pm - 8:00pm  
3 Belmont Road | Wrexham LL13 7PW

*\* This course has now started but please contact us to register your interest if you would like to attend in future.*

#### ✦ **NEW: Building Confidence & Self-esteem (Group Sessions)**

This course involves a series of interactive sessions intended to help you accept and feel better about yourself. You will gain an understanding of how and why low self-esteem develops and becomes a part of your identity and discover what you can do to change the fundamental core beliefs at the heart of the way you see yourself. You will also gain tools that will help you maintain a healthy self-esteem, improving the way you think about yourself and your life.

6 weekly sessions from 19<sup>th</sup> June - 24<sup>th</sup> July, 2018  
Thursdays | 6:00pm - 8:00pm  
3 Belmont Road | Wrexham LL13 7PW

*To register your interest, please call **01978 364777** or email [kath@abfwxm.co.uk](mailto:kath@abfwxm.co.uk). Please bear in mind that a telephone assessment from Parabl will still be required before you can attend these sessions.*



active rural connections

## Support for People's Wellbeing in Wrexham's Rural Communities

**Self-referral - please click [here \(goo.gl/9WrHk1\)](https://goo.gl/9WrHk1) to download a form**

**Please note:** Once we have processed your referral, we will also ask you to come in for an initial meeting to identify whether this service is best suited for your needs.

The ARC (Active Rural Connections) project aims to bring our services to

Wrexham's rural communities. We have support available for people over 18, with mild to moderate anxiety, depression or stress.

### Talking Therapies

These sessions offer individuals the opportunity to seek support from a Trainee Counsellor. The sessions can be arranged flexibly and are held on ABF's premises at 3 Belmont Road. Talking therapy is great for those who may struggle in groups or would benefit from talking through their issues confidentially.

### NEW: Living Life to the Full (Group Sessions)



This FREE course has been designed to help people tackle the everyday problems that everyone faces from time to time.

The 8 sessions teach key life skills that help individuals feel better, happier, gain confidence and take control! Also useful for carers helping those who are

feeling depressed or unhappy at the moment.

8 weekly sessions from 14<sup>th</sup> May - 9<sup>th</sup> July, 2018 (*no session on 28th May*)  
Mondays | 6:30pm - 8:00pm  
Splash Community Trust | Aqua Lounge (1st Floor) | Plas Madoc Leisure Centre | Llangollen Road | Acrefair | Wrexham LL14 3HL

*\* The course has now started but please contact us to register your interest if you would like to attend in future.*

To find out more, please call **01978 364777** or email [info@abfwxm.co.uk](mailto:info@abfwxm.co.uk).



## Additional Support for Parents

**Self-referral - please click [here \(goo.gl/9WrHk1\)](http://goo.gl/9WrHk1) to download a form**

PRAMS (Parental Resilience And Mutual Support) is available for mothers and fathers who would like some additional support through the challenges of early parenthood. As many as 10% of all new parents experience periods of feeling low following the birth of their baby and the service is particularly suited to help people find their feet in these times. We currently offer three forms of support that provide the opportunity to talk and learn about emotional wellbeing and resilience in an informal setting.

### NEW: PRAMS Group (incorporating 'You & Your Baby' sessions)



Parents can bring their babies (under 12 months), make friends and enjoy a coffee at this informal group.

'You & Your Baby' involves several FREE weekly sessions aimed at challenging negative thoughts, feelings and behaviours and making lasting, positive changes

in your life. The group also provides a great opportunity to meet other parents and connect with new people in the community.

6 weekly sessions from 12<sup>th</sup> June - 17<sup>th</sup> July, 2018  
Tuesdays | 11:00am - 12:30pm  
3 Belmont Road | Wrexham LL13 7PW

### **NEW: PRAMS Group (incorporating 'You & Your Bump' sessions)**

Expectant mums can come along to learn more about getting the most out of their pre-natal experience while making friends and enjoying a coffee in an informal setting.



'You & Your Bump' involves several FREE weekly sessions aimed at improving how you feel so that you enjoy your pregnancy and future life as a parent. The group also provides a great opportunity to connect with other mums-to-be in the community.

- Session 1: Expectations, Should's and Ought's
- Session 2: Understanding your feelings
- Session 3: The Vicious Cycle
- Session 4: Bonding with your baby
- Session 5: Planning for the arrival

5 weekly sessions from 20<sup>th</sup> June - 18<sup>th</sup> July, 2018  
Wednesdays | 6:00pm - 7:30pm  
3 Belmont Road | Wrexham LL13 7PW

### **One-to-one Talking Therapy**

This gives you an opportunity to talk confidentially without judgement. Talking therapy is great for those who may struggle in groups or would benefit from talking through more complex issues.

To find out more, please call **01978 364777** or email [julie@abfwxm.co.uk](mailto:julie@abfwxm.co.uk)



## Providing a Stepping Stone into Community Life through Peer Mentoring, Group Activities and Courses

**Secondary mental health care referral needed - please click [here \(goo.gl/9WrHk1\)](https://goo.gl/9WrHk1) to download a form**

BYW is a FREE referral only service designed for people aged 18+ who are ready to move forward following a mental health diagnosis.

BYW is the Welsh translation of "alive" or "to live". The initialism stands for "Believe You Will" in English.

Our main ethos follows recovery principles and the key word to describe the project is empowerment. We have a genuine belief that everyone has the ability to live a meaningful and satisfying life. The project is all about people taking steps to achieve and maintain this at their own pace.

Along with lifestyle coaching - featured in the next section - we currently offer three forms of support that provide the opportunity to set and achieve personal goals in an informal and encouraging setting.

## Peer Mentoring

A team of trained peer mentors will provide one-to-one support. These mentors have their own lived experience of mental health and provide an opportunity for people to open up about their own situation in a safe and confidential environment.

These sessions generally take place at the Heddfan Unit at Wrexham Maelor Hospital.

## Group Activities and Courses

Our activities and courses aim to help people (over 18) to be active meet others and gain confidence. They are designed to aid the recovery process, drawing on the insight that mental wellbeing is closely linked to physical activity, recreation and social inclusion.

We warmly welcome new people to all of our activities and no previous experience is necessary.

**Please note:** *Our activities are potentially subject to change so we advise you to telephone the office to confirm your attendance or find out more information in advance.*

### Walk in Erddig

Mondays | 11:00am - 12:45pm

Meet beforehand at 3 Belmont Road | Wrexham LL13 7PW

Cost: FREE

### No Stress Art Course (with Markrobla)

**Mark Roberts** (compared to Banksy by the [national press](#)) is inviting all of those currently on the BYW Project to take part in a No Stress Art Course. Participants will be free to work in any medium, with the only restrictions being size and cost. We will learn about techniques and art history, and there will be an exhibition at the end of the course so that members will be able to see their finished work in a gallery setting.

The aim of the course is to boost confidence through art and to also support students in the critique of art. All levels are welcome, from amateur to professional. We will keep the sessions fun and friendly with an emphasis on the studio being a safe place to share ideas and feelings towards the work.

Wednesdays | 2:00pm - 4:00pm

3 Belmont Road | Wrexham LL13 7PW

Cost: FREE

### Self-awareness with Mental Illness

Judo Instructor Barry Hughes has been teaching self-awareness through Judo for over 30 years.

The practice of martial arts emphasises the benefits of exercise and the progression of creating a peaceful mind. In each "dojo", there is a family and each member is welcome. The culture that resides in judo is supportive. Each member helps each other out to become a better version of one-self, and will help prepare your mind, body, and soul to take on each challenge as it comes along.

2 taster sessions on 7<sup>th</sup> June and 21<sup>st</sup> June, 2018

Thursdays | 10:00am - 11:00am

3 Belmont Road | Wrexham LL13 7PW

Cost: FREE

### Gardening @ the Allotment

Weekly sessions from 13<sup>th</sup> April - 5<sup>th</sup> October, 2018

Fridays | 11:30pm - 1:30pm

Meet beforehand at 3 Belmont Road | Wrexham LL13 7PW

Cost: FREE

### NEW: Basic First Aid Training with the Red Cross

Do you have the skills to cope in an emergency?

British Red Cross are offering a simple first aid session to everyone on the BYW project that is easy to learn and relevant to daily life. The session is informal and relaxed and will give you the confidence and knowledge to help someone when they need it most. At the end of the session you will receive an information pack that covers the skills learnt, plus a certificate of attendance.

What you learn could make all the difference.

Thursday 5<sup>th</sup> June, 2018  
2:00pm - 4:00pm  
3 Belmont Road | Wrexham LL13 7PW  
Cost: FREE.

*There are a limited spaces available on some of these sessions so please ensure you call **01978 364777** or email [hannah@abfwxm.co.uk](mailto:hannah@abfwxm.co.uk) to book your place.*



## Achieving Change through Discussion and Support

*Secondary mental health care referral needed - please click [here \(goo.gl/9WrHk1\)](https://goo.gl/9WrHk1) to download a form*

**Please note:** *There is currently a 4-6 week waiting list for this service.*

Our one-to-one coaching sessions help participants make positive changes to their lives and usually consist of hourly sessions over 6 weeks\*.

The service is for people who are ready to engage in pursuing recovery-oriented goals and is tailored to individual needs. It is future-oriented, as opposed to diagnosing the past, and aims to sustain recovery from mental health problems and improve overall wellbeing.

Participants may focus on different areas like improving self-esteem, managing mental health and developing social networks. Signposting is also a big part of this service and our lifestyle coaches can suggest other resources to aid recovery.

*To find out more, please call **01978 364777** or email [info@abfwxm.co.uk](mailto:info@abfwxm.co.uk)*

\* Number of sessions can be extended if it is mutually agreed that further progress would prove beneficial to the participant's independence.

