

ABF: Services Update - March 2019 | [View this email in your browser](#)



Our Services - Updated March 2019

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](#) (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](#) (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

NEW: 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.

Thursday 7th March, 2019

6:00pm - 9:30pm

3 Belmont Road | Wrexham LL13 7PW

Cost: £20 - you can book online [here](http://gldn.gg/e/safeTALK070319) (gldn.gg/e/safeTALK070319)

NEW: Five To Thrive

Learn 5 actions we can all take that can help decrease some mental health problems and



enable us to thrive in life.

This FREE 6 week course is aimed at anyone who is unemployed or over 50.

6 weekly sessions from 11th March - 15th April, 2019
Mondays | 11:00am - 1:00pm
3 Belmont Road | Wrexham LL13 7PW
Cost: FREE



NEW: Dementia Friends Information Session*

A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action - anyone of any age† can be a Dementia Friend. Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.

Dementia Friends Information Sessions are run by volunteer Dementia Friends Champions, who are trained and supported by Alzheimer's Society.

If you would like to find out more about Dementia Friends please visit dementiafriends.org.uk.

Thursday 21st March, 2019
11:00am - 12:00pm
3 Belmont Road | Wrexham LL13 7PW
Cost: FREE

** This non-accredited session is suitable for those aged 16+.*

COMING THIS AUTUMN: MHFA Wales - Mental Health First Aid

The MHFA (Wales) course is a national training programme for Wales† which is licensed and developed by [Training in Mind](#). The internationally recognised training course teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. MHFA won't teach you to be a therapist but, just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis.

Adult MHFA courses are for everyone aged 16 upwards. Every MHFA course is delivered by a quality assured instructor who has attended an accredited Instructor Training programme, and is trained to keep people safe and supported while they learn.

What will I learn?

Learning takes place through a mix of group activities, presentations and discussions. It is a practical skills and awareness course designed to give you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to appropriate support

Dates, times and venue to be confirmed.

† If you live or work in England (or know somebody who does) this course will also be running in the Wirral on the 26th and 27th of this month.

To find out more, please call 01978 364777 or email 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.*

✦ **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 5th March - 9th April, 2019
Tuesdays | 6:00pm - 8:00pm
3 Belmont Road | Wrexham LL13 7PW

✦ **NEW: 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 6th March - 1st May, 2019*
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

** These dates have been postponed from the originally advertised sessions that were due to start in January 2019.*

✦ **COMING SOON: Managing Stress and 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 30th April - 21st May, 2019
Tuesdays | 6:00pm - 8:00pm
3 Belmont Road | Wrexham LL13 7PW

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



Additional Support for Parents

Self-referral - please [click here \(goo.gl/9WrHk1\)](https://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.

👉 COMING THIS SUMMER: 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 5th June - 10th July, 2019
 Wednesdays | 11:00am - 12:30pm
 3 Belmont Road | Wrexham LL13 7PW
 Cost: FREE

COMING THIS SUMMER: PRAMS Group (incorporating 'You & Your Bump' sessions)

Expectant parents 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 people in the community preparing for parenthood.

- 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 6th June - 4th July, 2019*
 Thursdays | 5:15pm - 6:45pm
 3 Belmont Road | Wrexham LL13 7PW
 Cost: FREE

* These dates have been postponed from the originally advertised sessions that were due to start in February 2019.

One-to-one Talking Therapy

Please note: There is currently a 6-8 week waiting list for this service.

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 info@abfwxm.co.uk.



**Providing a Stepping Stone into Community Life
 through 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.

We currently offer a two pronged approach in providing the opportunity to set and achieve personal goals in an informal and encouraging setting. Along with lifestyle coaching - featured in the next section - our group 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. Further to the measure by our trustees that dogs should not be allowed in ABF's premises from 1st March, 2019, it has also been decided that dogs will no longer be able to accompany their owners to activities (and will therefore not be covered by our insurance).*

Walk in Erddig

Have a positive start to the week by enjoying the beautiful surroundings in our friendly walking group. Participants are welcome to bring a drink with them or have the option to pay for refreshments at the Riverside Café.

Mondays | 11:00am - 1:00pm
Meet beforehand at 3 Belmont Road | Wrexham LL13 7PW
Cost: FREE

Erddig Arts and Crafts Group

Following our successful run of art sessions on Wednesdays at ABF's premises, we will now be working in partnership with the National Trust, moving days, times and venue.

The aim of the group is to boost confidence through arts and craft with all levels 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.

Thursdays | 3:00pm - 5:00pm
Felin Puleston Countryside Centre | Erddig | Wrexham LL13 7RF (*meet beforehand at ABF's premises in order for us to walk to the venue*)
Cost: FREE

To find out more, please call **01978 364777** or email info@abfwxm.co.uk.



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 8-10 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.*

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



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Our mailing address is:

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