

ABF: Services Update - February 2020 | [View this email in your browser](#)



Our Services - Updated February 2020

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://bit.ly/2woBP7K) (bit.ly/2woBP7K) 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 **primary or 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://bit.ly/2woBP7K) (bit.ly/2woBP7K).

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 20th February 2020

6:00pm - 9:30pm

3 Belmont Road | Wrexham LL13 7PW

Cost: £20 - you can book online [here](http://gldn.gg/e/safeTALK-20-02-20) (gldn.gg/e/safeTALK-20-02-20)

NEW: Five to Thrive

Learn 5 actions we can all take that can help improve mental health and enable us to thrive in life.

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



- Session 1: Introduction to the nationally recognised '5 Ways to Wellbeing' developed by the New Economics Foundation. In this session, you will also explore what wellbeing means to you.
- Session 2: **G**iving promotes cooperation and social connection. This session reveals why we enjoy giving; whether that is through volunteering, helping a neighbour or giving a gift. It turns out it's actually good for us too.
- Session 3: **R**elating to others is a human instinct. Understand how connecting with others is in fact intrinsic to your overall wellbeing.
- Session 4: **E**xercise is scientifically proven to improve physical, mental and emotional wellbeing. This session explores how you can make small, sustainable changes to integrate more exercise into your life.
- Session 5: **A**ppreciating things is linked to positive wellbeing and overall happiness. This session encourages you to really take notice of the world around you, be in the present moment and to pay attention to what you are grateful for.
- Session 6: **T**rying something new keeps your mind active. Identify the benefits of learning something new in this session and make a plan how you can implement each of the '5 Ways to Wellbeing' into your life.

6 weekly sessions from 25th February - 31st March 2020

Tuesdays | 11:00am - 1:00pm

3 Belmont Road Wrexham LL13 7PW

Cost: FREE

*If you are interested in attending or want 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.

★ **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 7th January - 11th February 2020

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 12th February - 1st April 2020

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

★ **NEW: Dealing with Depression (Group Sessions)**

This course is highly interactive and designed to give you an overview and understanding of your depression. Providing you with an insight into the importance of the link between your thinking and the way you are feeling, you will identify the depressive thoughts and actions that keep you in a negative place. You will also discover tried and tested tools and strategies to help you challenge and change your thoughts to enable you to manage your depression.

6 weekly sessions from 25th February - 31st March 2020

Tuesdays | 6:00pm - 8:00pm

3 Belmont Road | Wrexham LL13 7PW

** Course has now started. 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 \(bit.ly/2woBP7K\)](https://bit.ly/2woBP7K) 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.

👉 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.

February / March Group*

6 weekly sessions from 6th February - 12th March 2020
Thursdays | 10:00am - 11:30am
3 Belmont Road | Wrexham LL13 7PW
Cost: FREE

COMING NEXT MONTH: March / April Group

6 weekly sessions from 11th March - 15th April 2020
Wednesdays | 1:00pm - 2:30pm
3 Belmont Road | Wrexham LL13 7PW
Cost: FREE

👉 COMING NEXT MONTH: 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 12th March - 9th April 2020
Thursdays | 1:00pm - 2:30pm
3 Belmont Road | Wrexham LL13 7PW
Cost: FREE

One-to-one Talking Therapy

Please note: *There is currently an 8-12 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.

** Course has now started. 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

Primary or secondary mental health care referral needed - please click [here \(bit.ly/2woBP7K\)](https://bit.ly/2woBP7K) 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 and the group also has the option to access Erddig's tea-garden or restaurant to stop off for refreshments.

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

Erddig Arts and Crafts Group

The aim of the group is to boost confidence through arts and crafts 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 | 2:00pm - 4:00pm*
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

** Due to it getting darker earlier, it has been decided to bring the sessions forward an hour. This change will take place from 14th November 2019 and will run throughout the winter months until further notice.*

COMING SOON: A Place to Grow

Join us at ABF's enchanting allotment area to get outdoors and enjoy nature. There will be the opportunity to do some gardening or simply unwind in the peaceful environment. The relaxed atmosphere is perfect for anyone who is hoping to grow in confidence amongst others in a similar situation.

Wednesday | 10:00am - 12:00pm
Erddig Allotment (Hollow / Thomas Fields) | Erddig Road | Wrexham LL13 7DT
(*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

Primary or secondary mental health care referral needed - please click [here \(bit.ly/2woBP7K\)](https://bit.ly/2woBP7K) to download a form

Please note: *There is currently a 3-4 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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