



## Our Services - Updated October 2020

### ⚠ IMPORTANT INFORMATION ⚠

Advance Brighter Futures (ABF) is committed to provide the best support we can while following the [government guidance](#) during this uncertain climate.

It is okay to feel low, worried or anxious, or concerned about your finances, your health or those close to you. Everyone reacts in their own way to challenging events and uncertainty. It is important to remember that following the government guidelines may be difficult, but you are helping to protect yourself and others by doing it.

As a result of these unprecedented times, we have adapted, and will continue to adapt, our services for the foreseeable future. We are still accepting referrals and want to reassure you that we can still be contacted by telephone or email.

You can keep updated by signing up to our [mailing list](#), or visiting [Facebook](#), [Twitter](#) or our [website](#). We predominately continue to provide support by telephone, social media and video conferencing (with options to do so by video, audio, or both).

We are looking to gradually reopen the building and anybody who is waiting for face-to-face support with us will be contacted over the next month.

All of the services are clearly labelled with the correct admission criteria but please call **01978 364777** or email [info@abfwxm.co.uk](mailto:info@abfwxm.co.uk) if you require further clarification or more information.



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

**Please note:** We may have to postpone the dates of any planned courses if we do not receive sufficient interest.

### COMING NEXT MONTH: 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 3<sup>rd</sup> November - 8<sup>th</sup> December 2020

Tuesdays | 1:00pm - 3:00pm

Access online via Zoom video conferencing software\*

Cost: FREE

### COMING NEXT MONTH: Mental Health First Aid (MHFA) England



The MHFA (England) course is the official two day national training programme that has been adapted for live online sessions. 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

4 sessions on Tuesday 10<sup>th</sup>, Friday 13<sup>th</sup>, Tuesday 17<sup>th</sup> and Friday 20<sup>th</sup> November 2020

9:30am - 11:30am (except on Friday 13<sup>th</sup> which will be from 9:30am - 12:00pm)

Access online (link will be provided)

One-off subsidised cost: £150 - book online [here](https://gldn.gg/e/MHFAENOV20) ([gldn.gg/e/MHFAENOV20](https://gldn.gg/e/MHFAENOV20)) by 31<sup>st</sup> October 2020.

*\* Participants will first be required to [sign up for a free account](#) and then [download the software](#). Instructions to be received via email. Depending on government guidance at the time, these sessions may be delivered at our venue. Please visit our social media pages for further updates.*

To find out more, 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. Please also be aware that we may have to postpone the following courses if we do not receive enough numbers to deliver the sessions.*

### ✦ **COMING SOON: Building Confidence and 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 (dates to be confirmed)

6:00pm - 8:00pm

Access online via Zoom video conferencing software\*

### ✦ COMING SOON: 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 (*dates to be confirmed*)  
6:00pm - 8:00pm  
Access online via Zoom video conferencing software\*

### ✦ 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 materials are provided to support you at home and in your ongoing mindfulness development.

8 weekly sessions from 29<sup>th</sup> October - 17<sup>th</sup> December 2020  
Thursdays | 6:30pm - 9:00pm  
Access online via Zoom video conferencing software\*

\* Participants will first be required to [sign up for a free account](#) and then [download the software](#).  
Instructions to be received via email.

† Depending on government guidance at the time, these sessions may also have to be facilitated via Zoom video conferencing software rather than at our venue.

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



## Online Sessions Shaped by You to Make Connections

The Help And Listening Online (HALO) project is available for anyone in the Wrexham area over the age of 18 who would like to engage with wellbeing support for poor mental health and connect with others in the local community via the internet.

Listening and responding are some of the key principles at the heart of what we do at ABF and through the HALO project, we aim to listen and shape this new service in response to on-going feedback from the people we support.

### ABF Facebook Support Group

**Please note:** A member of staff will not be available 24/7 to moderate this group.

Feel free to join this online community at any time for tips and support from like-minded people.

Access online through the [Advance Brighter Futures - Facebook Support](#)

**Group** (Facebook account will be required).

### Wellbeing Wednesday

A weekly online session focused on maintaining your wellbeing and connecting with others whilst having fun! Sessions are varied and include Facebook live broadcasts and watch parties, quizzes, craft groups and other activities on Zoom\* and wellbeing videos from the ABF team.

Wednesdays | from 1:00pm

Access online through the [Advance Brighter Futures - Online Support Group](#) (Facebook account will be required) and the main [Advance Brighter Futures Facebook page](#).

\* Participants will first be required to [sign up for a free account](#) and then [download the software](#).

Instructions to be received via email.

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 \(bit.ly/2VJQ2pj\)](https://bit.ly/2VJQ2pj) to submit a form online or download a form [here \(bit.ly/2woBP7K\)](https://bit.ly/2woBP7K)**

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 two forms of support that provide the opportunity to talk and learn about emotional wellbeing and resilience.

**COMING SOON: PRAMS Group (incorporating 'You & Your Baby' sessions)**



'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 online.

6 weekly sessions from 9<sup>th</sup>

November - 14<sup>th</sup> December 2020  
Mondays | 10:30am - 12:00pm



Access online via Zoom video conferencing software\*

### COMING SOON: PRAMS Group (incorporating 'You & Your Bump' sessions)

Expectant parents can learn more about getting the most out of their pre-natal experience while making friends in an informal setting online.



'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 online 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 10<sup>th</sup> November - 8<sup>th</sup> December 2020

Tuesdays | 1:00pm - 2:30pm

Access online via Zoom video conferencing software\*

### PRAMS Facebook Support Group

This online Facebook group provides the opportunity to catch up or refresh your learning. If you are new to PRAMS, you can join anytime and meet others that have already attended the project and find out how they have benefited.

Access online through the [Advance Brighter Futures - PRAMS Facebook Group](#) (Facebook account will be required)

### Monthly Support Group†

This monthly group provides the opportunity to have an informal meet up via live video link. Put the kettle on, check your emails for the Zoom meeting link and join in for a chat in a relaxing and supportive atmosphere.

Monday 26<sup>th</sup> October 2020

10:00am - 11:00am (*this may last longer than the allotted time if required*)

Access online via Zoom video conferencing software\*

### One-to-one Talking Therapy‡

**Please note:** *Face-to-face appointments will be introduced incrementally in order to avoid high volume or density at our premises so the waiting list will be longer than for virtual meetings. If you would prefer to avoid a longer waiting time and access this service via video link, you will either require a phone or internet connection with Zoom video conferencing software installed on your device\*.*

This service 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

\* Participants will first be required to [sign up for a free account](#) and then [download the software](#).

Instructions to be received via email.

† Referrals are accepted from parents with children under the age of 16.

‡ This specific PRAMS service is supported by Cadwyn Clwyd.



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



## Providing a Stepping Stone into Community Life through Group Activities and Phone Support

*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:** *Due to the COVID guidelines, you will need to contact our offices by emailing or phoning beforehand to confirm your attendance at group activities in advance. We will then provide you with some COVID specific information which will be reinforced by our staff before each session.*

### Telephone Check-in Support

This service is for existing and new referrals who would prefer to wait for face-to-face lifestyle coaching or our group activities to resume, but who are unable to access our HALO project due to not having an internet connection.

Weekly 15 minute phone check-ins on a weekday to suit you.

### 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.

Wednesdays | 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

### Walk in Erddig

Improve your physical and mental wellbeing while enjoying the beautiful surroundings in our friendly walking group. Participants are welcome to bring a drink with them and the group will also have the option to access Erddig's tea parlour to stop off for refreshments.

Thursdays | 11:00am - 1:00pm

Meet beforehand at 3 Belmont Road | Wrexham LL13 7PW

Cost: FREE

To find out more, please call **01978 364777** or email [info@abfwxm.co.uk](mailto: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:** Face-to-face appointments will be introduced incrementally in order to avoid high volume or density at our premises so our waiting list will be longer than for virtual meetings. If you would prefer to avoid a longer waiting time and access this service via video link, you will first be required to [sign up for a free account](#) with Zoom and then [download the software](#) - instructions to be received via email.

Our one-to-one lifestyle 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.*



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**Our mailing address is:**

Registered Office: 3 Belmont Road | Wrexham LL13 7PW.  
Registered Charity No: 1089638  
Registered Company in England and Wales (Registration No: 04052135)

**Notes:**

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