

ABF: Services Update - June 2021 (adapted due to COVID) | [View this email in your browser](#)



Our Services - Updated June 2021

⚠ 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 so.

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).

Our building is currently open Wednesdays, Thursdays and Fridays but, until such a time that we can safely reopen, there will be a longer waiting list for face-to-face appointments.

All of the services are clearly labelled with the correct admission criteria but please call **01978 364777** or email 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: Adult Mental Health First Aid (eAMHFA) Wales



The eAMHFA Wales course teaches adults how to provide Mental Health First Aid to friends, families and co-workers and can be completed from the convenience of your home or office, without the need to travel and at your own pace through interactive modules and webinars online.

Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem, or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves.

Click [here](#) to view course structure.

As part of this course, you will be able to access the online version of the MHFA Wales Manual.

2 interactive webinars on 1st and 8th July 2021 (5 hours of self-directed learning to be completed between webinars)

Thursdays | 9:30am - 12:30pm

Access online via Zoom video conferencing software † (link will be provided)

Cost: £150 (Third Sector workers living in Wrexham, or residents who are either not in work or on low incomes will respectively be eligible for a subsidised rate or be able to access the course for FREE) ‡

Please note: It is essential that bookings are placed no later than two working weeks before the start of the course, i.e. Thursday 17th June 2021.

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

‡ Please contact us beforehand and we will provide a payment link upon receipt of evidence that a person is a Wrexham resident who is either working in the Third Sector, unemployed or in receipt of Universal Credit (or equivalent).

COMING LATE SUMMER: 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.

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: **Relating to others** is a human instinct. Understand how connecting with others is in fact intrinsic to your overall wellbeing.
- Session 4: **Exercise** 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: **Appreciating 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: **Trying 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 (*times/dates to be confirmed*)

Access online via Zoom video conferencing software*

Cost: FREE

** Participants will first be required to sign up for a free account and then download the software.*

Instructions to be received via email.

To register your interest, please call 01978 364777 or email courses@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.*

★ 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 26th May - 30th June 2021

Wednesdays | 6:00pm - 8:00pm

Access online via Zoom video conferencing software †

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 manual and guided practice CDs are provided to support you at home, and in your ongoing mindfulness development.

8 weekly sessions from 9th June - 28th July 2021
 Wednesdays (*please note change of day*) | 6:30pm - 9:00pm
 Access online via Zoom video conferencing software †

✦ COMING LATE SUMMER: 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 8th September - 13th October 2021
 Wednesdays | 6:00pm - 8:00pm
 3 Belmont Road | Wrexham LL13 7PW ‡

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

‡ Please be aware that these sessions may also have to be facilitated via Zoom video conferencing software rather than at our venue. You will receive confirmation on our decision regarding this nearer the time.

* 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.

Stere Morgan
 FOUNDATION



Online Sessions Shaped by You to Make Connections

Self-referral - please click [here \(tinyurl.com/y9hv2byh\)](https://tinyurl.com/y9hv2byh) to register

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.

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

Mellow Monday

Sit or lie back as we guide you through some mindfulness and relaxation practices, including connecting to breathing, gentle movements, guided meditation and more!

Mondays | 9:30am - 10:15am

Access online [here](#) (tinyurl.com/y2cugsd3) via Zoom video conferencing software* (Meeting ID: **932 8018 7930** | Passcode: 161737)

Taster Tuesday

Come along on Tuesdays for a taste of something new and different every week! We will have a wide range of wonderful people sharing their skills with us, all aiming to empower you to increase your own health and wellbeing whilst having a bit of fun!

Tuesdays | 4:30pm - 5:30pm (please note that the Tai Chi sessions finish a quarter of an hour earlier than the other Taster Tuesday sessions)

Access online [here](#) (tinyurl.com/y5taca6w) via Zoom video conferencing software* (Meeting ID: **975 4210 0001** | Passcode: 198428)

Comedy Clip Share

Join us on our ABF Facebook page to share any of your favourite comedy clips (keep them clean!). Help us all have a bit of a laugh.

1st June 2021

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

Tai Chi Movements

We'll be guided through a sequence of slow, mindful movements as per the practice of Tai Chi. This is a slow paced session with movements aimed at beginners.

6th June 2021

4:30pm - 5:15pm

Creative Words Workshop

Local artist, Lisa, will be guiding us through playing and having fun with words to help us get creative with our writing!

15th June 2021

Tai Chi Movements (Seated)

Following the gentle activity of the previous session, the flowing, easy movements will be completed while sitting down.

22nd June 2021

4:30pm - 5:15pm

Creative Writing Workshop with Natasha Borton

Wrexham-based poet and creative writer, Natasha, joins us for another workshop where we'll explore our creativity and inspire each other with our word craft!

29th June 2021

Wellbeing Wednesday

Put some time aside for your wellbeing on Wednesday afternoons! Activities include fun Quizzes; Cuppa and Chat sessions (where you can connect with others for peer support or have a chat with us one-to-one); Arts and Crafts activities (where all are welcome to have a go at something creative), plus regular monthly updates on all of our services and more!

Access online [here](https://tinyurl.com/yywk5vhu) (<https://tinyurl.com/yywk5vhu>) via Zoom video conferencing software* (Meeting ID: 974 5570 4215 | Passcode: 424810)

ABF Services Update

Hannah and Gareth will post a video giving any updates on ABF services and any exciting things to share!

2nd June 2021

A pre-recorded video can be accessed online through the main [Advance Brighter Futures Facebook page](#) (Facebook account will be required).

Zoom Art Groups

Join us for a self-guided art session! Bring along anything creative you've been working on, or meaning to begin, and have a chat with some friendly folk as you get creative!

9th and 16th June 2021

Not Just Talk (ABF Survey)

We're not just talk here at ABF, so pop in and share your thoughts on what might help shape the future of our services. We'll be having breakout rooms where we'll chat and listen one-to-one.

23rd June 2021

1:00pm - 3:00pm

Open Mic Hour!

An opportunity to share anything creative, maybe from one of our writing workshops or art groups. Or you could read a short story, sing or play us a song, etc!

30th June 2021

** 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](tel:01978364777) or email info@abfwxm.co.uk.



Additional Support for Parents

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

🔗 **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.

May - June Group *

6 weekly sessions from 10th May - 14th June 2021
Mondays | 10:30am - 12:00pm
Access online via Zoom video conferencing software ‡

COMING SOON: July - August Group

6 weekly sessions from 12th July - 16th August 2021
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 12th July - 9th August 2021
Mondays | 1:00pm - 2:30pm
Access online via Zoom video conferencing software ‡

🔗 **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.

software ‡ (*Meeting ID: 955 5400 9488 | Passcode: 413986*)

☞ Coffee and Conversation

Put the kettle on and join in for an online chat in a relaxing and supportive atmosphere.

Date and times to be confirmed

Access online [here](https://tinyurl.com/wmzum7s4) (tinyurl.com/wmzum7s4) via Zoom video conferencing software ‡ (*Meeting ID: 955 5400 9488 | Passcode: 413986*)

☞ One-to-one Talking Therapy §

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.

Please note: *Due to high demand, there is currently a 6 - 8 week waiting list for face-to-face appointments.*

☞ Supporting Family Relationship (Couples Counselling)

This service provides up to 12 sessions of therapeutic counselling with a fully qualified therapist for families whose relationships may have been adversely affected by the Covid-19 pandemic. The service can be provided over internet, video or face-to-face.

The main intended outcome of the service is to help individuals and couples develop more resilient mental health to benefit the relationships in their family unit.

If you are making a self-referral to this project, Wrexham Family Information Service will be able to assist you with completing the referral form. Please contact them on **01978 292094**, or email fis@wrexham.gov.uk.

☞ Family (Support) Group Meetings

This service supports families (and friends) who are **not** currently under social services. The family support group meeting is held on one morning or afternoon and can last up to 4 hours, taking place at our premises at 3 Belmont Road.

The meeting is an opportunity to listen to everyone in the family and get your voice heard. An independent coordinator will help the family prepare for the meeting by talking to each family member. Children are encouraged to be involved, sometimes with support from an advocate. Each family member decides if they want to take part.

Families can benefit from these meetings if they are looking to improve communication, create positive changes and develop a plan (but need help in doing this). If you are a parent or family member and want to request a family support group meeting, please click [here](https://tinyurl.com/bfjrh5ua) (tinyurl.com/bfjrh5ua) to submit an online form.

† *Referrals are accepted from parents with babies who are not yet walking.*

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

§ *This service is targeted at parents with mild to moderate mental health difficulties who have children under the age of 16. As it is considered more of an early intervention approach, this particular service is not accessible to people already receiving support from the Community Mental Health Team (CMHT).*

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



BYW (BELIEVE YOU WILL) ENGAGEMENT PROJECT

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) 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.*

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.

Fridays (*please note change of day*) | 10:00am - 12:00pm
Meet beforehand at 3 Belmont Road | Wrexham LL13 7PW
Cost: FREE

COMING SOON: 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.

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) 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.

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

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



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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)

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