

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



Our Services - Updated September 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.



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 THIS AUTUMN: 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: Giving 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: 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

NEW: Online Youth Mental Health First Aid (eYMHFA)



The eYMHFA 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 21st and 28th September 2021 (*and 5 hours of self-directed learning to be completed between webinars*)

Tuesdays | 1:00pm - 4:00pm

Access online via Zoom video conferencing software*

Cost: £150 - book online [here](https://tinyurl.com/s435fdn8) (tinyurl.com/s435fdn8)

(*or £58 for Wrexham based Third Sector organisations. Wrexham residents who are either not in work or on low incomes will be able to access the course for FREE*) †

Please note: It is essential that bookings are placed no later than Tuesday 7th September 2021. Due to a lack in numbers, this course has been rescheduled from the originally advertised dates in July. Please accept our apologies for any inconvenience caused.

* 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 an employee of Wrexham based Third Sector organisation. Wrexham residents who are either, unemployed or in receipt of Universal Credit (or equivalent) will be required to provide a scan/photo of a recent DWP letter.

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.*

★ **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 15th September - 20th October 2021
Wednesdays | 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 manual and guided practice CDs are provided to support you at home, and in your ongoing mindfulness development.

8 weekly sessions from 23rd September - 11th November 2021
Thursdays | 6:30pm - 9:00pm
Access online via Zoom video conferencing software †

Please note: *Due to a lack in numbers, this course has been rescheduled from the originally advertised dates in June. Please accept our apologies for any inconvenience caused.*

★ **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 from 3rd November - 8th December 2021
Wednesdays | 6:00pm - 8:00pm
Access online via Zoom video conferencing software †

Please note: *Due to a lack in numbers, this course has been rescheduled from the originally advertised dates in July. Please accept our apologies for any inconvenience caused.*

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

* 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.



Online Sessions Shaped by You to Make Connections

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

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*).

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 (*please note that the session on 14th September may feature a pre-recorded video on the [ABF - Facebook page](#)*).
Access online [here](https://tinyurl.com/y2cugsd3) (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](https://tinyurl.com/y5taca6w) (tinyurl.com/y5taca6w) via Zoom video conferencing software* (*Meeting ID: 975 4210 0001 | Passcode: 198428*)

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.

7th and 21st September 2021
4:30pm - 5:15pm

Clips Share

Join us on our [ABF - Facebook page](#) to share any of your favourite creative clips/inspirational creative YouTubers, etc!

14th September 2021

Tea Time Brain Teaser Quiz

Pop in for an informal and fun quiz! This is not Mastermind, we're just here to have a light-hearted quiz and chat.

28th September 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

wednesdays | 1:00pm - 2:00pm

Access online [here](https://tinyurl.com/yywk5vhw) (tinyurl.com/yywk5vhw) via Zoom video conferencing software* (*Meeting ID: 974 5570 4215 | Passcode: 424810*)

ABF Services Update

A pre-recorded video can be accessed online through the main **ABF - Facebook page** (*Facebook account will be required*).

1st September 2021

Book Club

Michael from The Reader, a national reading charity, will be giving us a book club introduction! We'll be doing some shared reading and chatting about the text. If you love reading or are a bit curious, please join us!

8th September 2021

Zoom Art Group

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!

15th and 29th September 2021

Sleep Talk

We'll be focusing on all things sleep related and inviting you to share your experiences with sleep and what helps you to get a good snooze.

22nd September 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** or email info@abfwxm.co.uk.*



Additional Support for Parents

Self-referral - please click [here](https://bit.ly/2VJQ2pj) (bit.ly/2VJQ2pj) to submit a form online or download a form [here](https://bit.ly/2woBP7K) (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 various forms of support that provide the opportunity to talk and learn about emotional wellbeing and resilience.

NEW: 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 20th September - 1st November 2021
Mondays | 10:30am - 12:00pm
Access online via Zoom video conferencing software †

(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 20th September - 25th October 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)

👉 Coffee and Conversation

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

Tuesday 7th September 2021
10:30am – 11:30am
Access online via Zoom video conferencing software †

👉 Monthly Support Group

This monthly group provides the opportunity to have an informal meet up via live video link. As guidelines change, we will also be introducing outdoor socially distanced activities.

Tuesday 28th September 2021
10:30am – 11:30am
Alun Waters Country Park, Mold Road, Gwersyllt, Wrexham LL11 4AG (*meet in main car park*)

👉 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 around a 12 week waiting list for this service.

👉 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

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).

§ This service is not available to Flintshire residents.

To find out more, please call **01978 364777** or email info@abfwm.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](https://bit.ly/2woBP7K) (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

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.

the change of times and venue will take place from 12th August 2021)
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 | 10:00am - 12:00pm
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.



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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