

Wellbeing Service



From July 2017

Our Workshops, Courses, Groups and Outreach

Support.....

Who are we?	Page 2
Wellbeing Workshops	
Anxiety Management	Page 3
Five Ways to Wellbeing	Page 4
Anger Management for Men	Page 5
Anger Management for Women	Page 6
I matter Too	Page 7
Groups	
Wellbeing Peer Support Group	Page 8
Bridging the Gap, Personality Disorder Support Group	Page 9
Body and Mind - Support Group	Page 10
Voices Matter, Hearing Voices Support Group	Page 11
Find Your Feet – Drop in sessions	Page 12
Outreach support	Page 13

Who are we?

The Wellbeing Service is part of CPSL Mind, a local mental health charity providing help and support to people across Cambridgeshire. Using a flexible approach, the service works with people both with and without a mental health diagnosis. People are empowered to choose what is right for them in order to live well and stay well.

The aims of the Wellbeing Service

We look beyond a set of symptoms to see the whole person; this is known as the recovery approach. This approach helps people to discover or re-discover their hopes, strengths and aspirations. Ultimately it helps a person who is experiencing poor mental health or wellbeing to build a meaningful and fulfilling life.

Through groups, workshops and mentoring we offer opportunities for people to:

- Cope with the ups and downs of life
- Increase their confidence
- Feel a part of their community
- Develop healthy support networks
- Improve their emotional and physical wellbeing
- Connect with others with similar experiences

Our offices

We are based at the following venues:

Barrere House	The Limes	Morley Way
100 Chesterton Road	24 New Street	Woodston
Cambridge	St Neots	Peterborough
CB4 1ER	PE19 1AJ	PE2 7BW
01223 311320	01480 470480	01733 362990

How you can access the service

Our workshops, groups and outreach is available to people living throughout Cambridgeshire (not including the Fenland) aged between 18 – 64. Either you or a person on your behalf can complete a referral form. This can be done:

- Over the phone – 01223 311320 or 01480 470480
- Emailing us at wellbeing@cpslmind.org.uk
- Downloading a referral form via our website www.cpslmind.org.uk

Anxiety Management

“Anxiety Management” workshop is for anyone who feels anxiety is making it difficult to live a fulfilling life. It is designed to equip people with the knowledge and skills to effectively manage anxiety.

Anxiety is a normal reaction to stressful situations, impacting both physically and emotionally. In some cases, it can become excessive and cause someone to dread everyday situations.

Aims

- Explore what anxiety is and what keeps it going
- Identify anxiety triggers
- Explore ways to successfully manage anxiety

Examples of what the course covers

- Explore how anxiety develops
- Group discussions on ways to manage anxiety, such as relaxation, meditation
- How to better manage anxiety provoking situations
- Self-help Cognitive Behavioural Therapy (CBT) techniques

Other details

- This is a two-hour session
- The workshop will run over 6 weeks
- There will be a maximum of 8 places available
- In order to get the most from the course, participants should aim to attend all sessions. If more than one session is missed, participants may be asked to join a future course

Five Ways to Wellbeing

“Five Ways to Wellbeing” workshop is for anyone who would like to incorporate positive well-being activities into their life, by exploring five ways to manage and improve mental wellbeing.

Good mental health is not just about being free from a diagnosis. We can all benefit from taking a positive and proactive approach to our wellbeing, and this can help us to get better, stay well and even prevent mild mental ill health from happening in the first place. Evidence suggests there are five steps we can all take to improve our mental wellbeing. These are Connect, Get Active, Give, Keep Learning and Take Notice.

Aims

- Explore the concept of five ways to wellbeing.
- Identify ways of incorporating five ways to wellbeing into our daily activities.
- Learn to manage and improve our mental wellbeing.

Examples of what the course covers

- Group discussion on five ways to improve mental wellbeing
- Personal exploration of five key elements of five ways to wellbeing.
- Discuss and demonstrate how these five elements can be incorporated in personal and social activities.

Other details

- This is a two-hour session
- The workshop will run over 6 weeks
- There will be a maximum of 8 places available
- In order to get the most from the course, participants should aim to attend all sessions. If more than one session is missed, participants may be asked to join a future course.

Anger Management for Men

“Anger Management for Men” workshop is aimed at men who want to find ways to better manage and control their anger.

Anger is a basic human emotion. It enables us to fight back or run away when we perceive an attack or injustice. Anger in itself is neither good nor bad, but it becomes a problem when it harms us or other people or interferes with everyday life.

Typically, it is deemed more socially acceptable for men to be angry. Studies suggest men are more susceptible to experiencing “explosive anger” which is disproportionate to the situation. Furthermore, some males may be encouraged to openly express anger e.g. fight, become involved in conflict. Others however might avoid expressing anger openly and turn it on themselves e.g. misusing alcohol and drugs, attempting or completing suicide.

Aims

- Explore the concept of anger and various ways it may manifest
- Identify the triggers for anger and the impact of negative thinking patterns
- Explore ways to manage anger in a constructive way

Examples of what the course covers

- Completion of an anger inventory to explore the impact of anger
- Group discussions on managing expectations
- Action planning

Other details

- This workshop is for men only
- This is a two-hour session
- The workshop will run over 6 weeks
- There will be a maximum of 8 places available
- In order to get the most from the course, participants should aim to attend all sessions. If more than one session is missed, participants may be asked to join a future course.

Anger Management for Women

“Anger Management for Women” workshop is aimed at women who want to explore anger and ways to manage it effectively in a safe and non-judgemental environment.

Whilst anger is a basic human emotion and survival mechanism, our gender can play a role in how it is perceived by us. It is often seen as less socially acceptable for women to be angry. This may leave a woman feeling it is wrong to experience anger, leading to feelings of guilt and shame. Some people may direct the anger onto themselves through self-harm.

Aims

- Explore the concept of anger and various ways it may present itself
- Identify the triggers for anger and the impact of negative thinking patterns
- Explore ways to manage anger in a constructive way

Examples of what the course covers

- Graffiti wall exercise exploring the stigma around anger for women
- Stress bucket exercise looking at anger triggers
- Cognitive Behaviour Therapy (CBT) techniques to improve self esteem
- Action planning

Other details

- This workshop is for women only
- This is a two-hour session
- The workshop will run over 6 weeks
- There will be a maximum of 8 places available
- In order to get the most from the course, participants should aim to attend all sessions. If more than one session is missed, participants may be asked to join a future course.

I Matter Too

“I Matter Too” is for anyone who would like to learn how to emotionally care for someone with a mental health problem, as well as looking after themselves.

Family and friends play an essential role in caring for and supporting someone with a mental health problem. Caring for someone else can be difficult and demanding, and without support a person may feel stressed, isolated, depressed and frustrated.

Aims

- Explore the range of mental health problems
- Develop communication and listening skills to improve the caring relationship
- Identify ways to look after yourself
- Develop a network of peers who are in a similar situation

Examples of what the course covers

- Group discussion on how to recognise the signs and symptoms of mental health problems
- Exploration of a model of communication, to improve interactions
- Practical demonstration of effective listening skills
- Developing coping skills

Other details

- This is a two-hour session
- The workshop will run over 6 weeks
- There will be a maximum of 8 places available
- In order to get the most from the course, participants should aim to attend all sessions. If more than one session is missed, participants may be asked to join a future course.

Wellbeing Peer Support Group

Our “Wellbeing Peer Support Group” is for anyone who would like to improve how they feel about themselves, become more connected to their community and discover/rediscover ways to cope with life. It also provides an opportunity to be part of a network of peers with similar experiences.

Our wellbeing refers to how we feel about ourselves and our ability to cope with the world around us. All of us experience fluctuating levels of wellbeing. Evidence shows we can improve our wellbeing through five simple steps; connect, be active, take notice, keep learning and give.

Aims

- Identify strategies to successfully manage wellbeing
- Explore the barriers to good wellbeing and how to overcome them
- Opportunity to connect with other with similar experiences

Examples of what the group covers

- Exploring relaxation techniques such as mindfulness and meditation
- Learning new techniques such as how to be assertive
- Finding ways to give something of ourselves to others and the community
- Group discussions on how to motivate ourselves to be active

Other details

- This is a one-and-a-half-hour session
- Takes place in Cambridge, St Neots, Ely, Sawston and Huntingdon
- The group will meet for 6 months on a fortnightly basis
- There will be a maximum of 8 places available

Bridging the Gap, Personality Disorder Support Group

Living a fulfilling life with a personality disorder can be challenging. People with this diagnosis may experience emotions, attitudes and behaviours which are different to those around them. This has the potential for them to find it difficult to be around others, perhaps feeling insecure, confused and fearful of being rejected. “Bridging the Gap” is for people with a personality disorder diagnosis* who are open and ready to engage in a process of self-discovery leading to positive life changes.

Aims

- Opportunity to connect with others who share similar experiences
- Engage in a peer network to offer and receive support
- Explore current emotions, attitudes and behaviours
- Identify ways to promote mental wellbeing
- Increase self-awareness

Examples of what the group covers

- Check in from all attendees, sharing thoughts, feelings and recent experiences
- Feedback and gentle challenging from other attendees and the group facilitators
- Group problem solving
- Sharing coping strategies and learning from others

Other details

- This is a one and half hour session
- The group will meet for 18 months on a fortnightly basis
- There will be a maximum of 8 places available
- Takes place in Cambridge, St Neots and Huntingdon

*Diagnosed by a psychiatric professional

Body and Mind

Body and Mind, is a peer support group for individuals who are living with one or more Chronic conditions.

A chronic condition is an on-going health problem such as Diabetes, Fibromyalgia, Epilepsy, Arthritis and other long term challenges.

Chronic conditions can drastically alter your daily routines and can bring with it; overwhelming emotions, self-defeating thoughts and feelings of isolation.

Body and Mind is for anyone who would like to better manage their wellbeing and discover or rediscover ways to cope with life whilst living with a chronic condition.

Aims

- Identify and share strategies to manage living well with a long term physical condition
- To build confidence in regards to managing physical and mental wellbeing to maintain an active and fulfilling life
- Opportunity to connect with others who may experience similar challenges

Examples of what the group covers

- Explore grief and self-identity following diagnosis
- Adjusting to new situations and adapting to living with a chronic condition
- Manage communication and relationships with your support network
- Explore strategies to positively manage your condition and practice self-care
- Explore the mental health and pain cycle

Other details

- This is a one-and-a-half-hour session
- Takes place in Cambridge
- The group will meet for 6 months on a fortnightly basis
- There will be a maximum of 8 places available

Voices Matter, Hearing Voices Support Group

Whilst many people who hear voices or see visions have comforting, pleasant or neutral experiences – others are overwhelmed with scary or difficult experiences. Sometimes when people are feeling overwhelmed, the idea that they can find ways of making sense of and coping with their voices can feel strange, frightening or unrealistic. At times like these, it can be really helpful to hear from people who have encountered similar experiences and can share their coping strategies.

The “Voices Matter Group” is based on an ethos of self-help, mutual respect and empathy and is affiliated to the Hearing Voices Network. It provides a safe space for people to share their experiences and support one another. It is a peer support group, involving social support and belonging, not therapy or treatment. However, the group does offer an opportunity for people to accept and live with their experiences in a way that helps them regain some power over their lives

Aims

- Opportunity to connect with others who share similar experiences
- Engage in a peer network to offer and receive support
- Identify ways to promote mental wellbeing
- Develop insight into your own experiences

Examples of what the group covers

- Check in from all attendees, sharing thoughts, feelings and recent experiences
- Group problem solving
- Sharing coping strategies and learning from others

Other details

- This is a one and half hour session
- The group will meet indefinitely on a fortnightly basis
- There will be a maximum of 8 places available
- Takes place in Huntingdon
- Facilitated by individuals with a combination of personal and professional experience
- This group is part of the Cambridgeshire and Peterborough Hearing Voices Network.

Find Your Feet

“Find your feet” drop-in sessions are for anyone who often feels overwhelmed by sudden strong emotions, struggles to calmly engage in everyday life (socialise, eat, sleep etc.) and sometimes resorts to unhealthy coping strategies to reduce constantly high stress level. They are designed to equip people with practical techniques to manage stress and get back to balance.

Aims:

- Explore and try out various methods, activities and exercises, which improve self-regulation
- Compile a “tool box” of stress-management techniques customised to your needs
- Identify small changes you can make in your daily habits, that would help you relax

Examples of what the sessions cover:

- Practising relaxation techniques
- Trying out self-help grounding techniques to manage anxiety
- Exploring how your own body responds to stress
- Choosing an exercise to practice for 20 minutes a day to improve emotional stability

Other details:

- Each session is one-hour long
- The topics repeat every 4 weeks
- To attend a session, you need to be on the waiting list or already accessing the Wellbeing Service
- You can attend up to 4 sessions
- These sessions take place in Peterborough

Outreach Support

The Wellbeing Service offers support to people living throughout Cambridgeshire. Our outreach support is for anyone who needs support but is unable to access our services in Cambridge and St Neots.

The range of outreach support offered

- **Ely** One to one support at Ely library from 9:45am to 12pm and 2pm to 3:30pm, offered on alternate Fridays
- **Huntingdon** One to one support offered on Fridays at Huntingdon Library from 10:00am to 12:00pm and on alternate Fridays at Maple Centre 1:00pm to 3:00pm
- **St Ives** One to one support at St Ives Library offered on alternate Tuesdays 10:45am to 3:15pm
- **Ramsey** One to one support offered at Ramsey Rainbow Surgery from 10am to 1pm on alternate Thursdays
- **Sawston** One to one support at John Huntingdon charity from 10am to 2pm, offered on alternate Thursdays
- **Sawtry** One to one support offered at Wellside Surgery from 10am to 2pm, on Tuesdays, once a month
- **Soham** One to one support offered at Soham Library from 9:30 to 4pm, once a month
- **Melbourn** One to one support offered at Melbourn Hub from 10am to 4pm, on Thursdays once a month

Please be aware, outreach support is by appointment only. For further information on how you can access our outreach support, please contact us via phone or email.