Flintshire Learning for Recovery & Wellbeing
Let’s get started!
Programme
2019 September - December
These activities/courses are free to attend for people who live in Flintshire and are affected by Mental Health issues.

Learning and connecting with others are important factors in achieving and maintaining wellbeing in our lives. All of the activities and courses listed in this brochure are designed to help you improve your wellbeing whilst meeting new friends, developing confidence and learning new skills. The activities are provided by “Flintshire Learning Partnership”, made up of Advocacy Services North East Wales, Flintshire County Council, NEW MIND, KIM Inspire, Unllais and Flintshire Local Volunteer Council. My Name is Karen Griffith and I am the Training Support Worker. Feel free to contact me on the numbers below or email. I will be happy to talk through your options, book a course/activity, or organise support to help you attend.

Find out more …

Tel: 01244 831056
Mob or Text: 07776452471
Email: karen.griffith@flintshire.gov.uk
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Are you living with pain, illness or stress? Or would you just like to know more about Mindfulness? Mindfulness is about what we focus our attention on. It can help us to see clearly what is going on in our lives and gives us tools to accept things as they are, to become the observer of our thoughts and take back some control. Regardless of the circumstances we find ourselves in, we can learn to respond to them in a more calm and creative manner. Learn what mindfulness involves and take part in short practices, discussions and experience mindfulness through mindful movement in the form of Tai Chi Movements for wellbeing. Weekly information sheets will be provided with ways of practicing mindfulness in between the weekly sessions.
Mindfulness and Tai-Chi

This course is designed to follow on from the Introduction to Mindfulness course. It is a condensed version of the Mindfulness-Based Stress Reduction Course (MBSR). It is a committed six week group programme that focuses on the progressive acquisition of mindfulness awareness, of mindfulness skills through weekly practice together and practice in the time in between the sessions. Discussions in pairs and optional whole group discussions give opportunity for individual learning and shared learning each week. Formal techniques will be instructed with materials provided to continue daily practice at home, these include recordings of the formal techniques and course handouts. The optional last half an hour of the weekly session will be taking part in Mindful Movement in the form of Tai Chi Movements for Wellbeing either seated or standing.

Date: Tues Nov 5th, 12th, 19th, 26th Dec 3rd & 10th
Time: 9.30am - 11.00am
Venue: St Ethelwold’s Church Hall Shotton
This is a project that runs for 4 weeks and looks at Equine learning and therapy. It consists of interaction with horses and also a fully simulated mechanical horse with interactive screen where riders can experience horse movement whilst riding a dressage test or cantering along a beach.

The aim of these sessions is to:
Enhance communication, self-awareness: confidence: team skills; equine learning and equine therapy and to promote wellbeing.
You will learn basic horse care.

Transport will be provided

If you are interested in coming to volunteer at Clwyd Special Riding School we have various different things from riding sessions, general maintenance in our charity shop or in the kitchen. We would love to hear from you. Contact us on 01352 770 446 to find out more.

Date: Tues Sep 3rd, 10th, 17th & 24th
Time: 1.30pm - 2.30pm
Venue: Llanfynydd

This course is provided by FCC Mental Health Support Services
Woodwork session make a rocking horse

To attend these sessions people need to be confident with woodwork skills and using tools. These sessions will enable people to prepare the materials and assemble them to make a rocking horse.

There will be a charge of £15 per person to cover materials if you want to take your rocking horse home.

Date: Fri Sep 20th, 27th Oct 4th, 11th, 18th, 25th, Nov 1st & 8th
Venue: Growing Places
Time: 10.00am - 12.00pm
Stained Glass workshops at Rhydymwyn Nature Reserve

Learn the techniques of copper tape stained glass and create your own unique designs. You will learn how to:-

• Cut glass, grind the edges, apply copper tape, apply solder and join the individual pieces together.
• Create a design and templates for your designs.
• I provide tools, copper tape, flux, solder and glass. I also provide a

Come along and enjoy a relaxing morning learning this exciting craft.

Date: Mon Oct 7th &14th
Time: 10.00am - 1.00pm
Venue: Rhydymwyn Nature Reserve.

Tray Bakes Cooking Session

Come and bake some old fashioned cakes like grandma used to make. Delicious treats you can make at home for your friends and family. No skills required.

You will be able to take some home with you, please bring a container

Date: Fri Oct 4th
Time: 10.00am - 12.00pm
Venue: Rivertown Church, Shotton
Art Session

Watercolour Workshops. Four sessions on how to paint using watercolour. Each session will demonstrate different techniques to build up the skills needed to paint in a confident and relaxed way. Beginners and Improvers are welcome - the aim is to enjoy learning.

Date: Thurs Oct 10th, 17th, 24th
Time: 10.00am - 12.30pm
Venue: St Ethelwolds, Shotton

Tray Bakes Cooking Session 2

Come and bake some old fashioned cakes like grandma used to make. Delicious treats you can make at home for your friends and family. No skills required. You will be able to take some home with you, please bring a container.

Date: Fri Oct 11th
Time: 10.00am - 12.00pm
Venue: Rivertown Church, Shotton
Meet your coaches!

Richie, Men’s Coach

Kirstie, Ladies’ Coach

What is Futsal?
Futsal is a variant of association football played on a hard court, smaller than a football pitch, and mainly indoors. It features similarities to five-a-side football.
Futsal is played between two teams of five players each, one of whom is the goalkeeper. Unlimited substitutions are permitted.

Why should you try it?
• Have a game free
• Get fit
• You can play through the winter as it’s indoors
• Meet new people
• Great for men and women

Date: Tues Oct 22nd
Time: 10.00am - 11.30pm
Venue: Deeside Leisure Centre

This session is run by Flintshire County Council & Cheshire Futsal
Pottery

In the first session you will have time to make one item which the tutor will then take home to dry and fire.
In the second session you will use underglazes to paint their work and use a clear glaze on top these will then be taken by the tutor to glaze fire, and returned at a later date the Tutor will bring a few pieces of work to give people ideas about what can be done with these two simple techniques.
If there are people there who have used clay before then I can encourage them to try something more complicated.
There are endless possibilities of designs from these two basic techniques and you will only be limited by your imagination.

First Set
Date: Wed Oct 16th  Wed Oct 30th
Time: 11.00am - 2.00pm  11.00am - 1.00pm

Second Set
Date: Thurs Nov 28th  Thurs Dec 12th
Time: 11.00am - 2.00pm  11.00am - 1.00pm

Venue: Rhydymwyn Nature Reserve

This course is provided by FCC Mental Health Support Services
Art Journaling

Do you love colour? Interested by images? Do you enjoy making things? This course will introduce you to the activity of art journaling as a way to explore your creativity. You absolutely don’t need to be able to draw - honestly, if you enjoy decorating the Christmas tree this course could be for you. You will need to bring a book to journal in, which is yours to keep. This could be purpose made e.g. your own personal journal or you could purchase an intriguing book in a charity shop to ‘repurpose’. Preferably A5 or larger with a hardcover and fairly heavyweight paper.
Festive Goodies

This is a 2 week course in which you’ll be shown how to make Sausge Rolls, Mince Meat, Mince Pies, Festive Chutney and Peppermint Creams

Date: Fri Dec 6th &13th
Time: 10.00am - 12.00pm
Venue: Rivertown Church

Decorating a Festive Cake

Decorate a small cake

During this session you will
• Learn to cover the cake in sugar paste
• Create sugar paste figures for the top of the cake
• Wrap the cake, making it look professional.

Date: Wed Dec 18th Thurs Dec 19th
Time: 10.00am - 12.00pm
Venue: St Ethelwolds, Shotton
Schizophrenia

Facilitator;
John Carden
Clinical Nurse Specialist
Flintshire Mental Health Teams
BCUHB

In this Session the facilitator will talk about;
• What is Schizophrenia
• What are the main symptoms
• How Schizophrenia can affect people
• What are the most common treatments
• Important self management techniques

Date: Thurs Oct 24th
Time: 10.00am - 11.30am
Venue: Deeside
Would you like to...

Learn more about a healthy way to lose weight
Become more active
Get support and ideas to help change your eating habits

Then why not join...

Foodwise for Life

An 8 week programme to help you manage your weight the healthy way

Fun and friendly sessions which cover a range of useful topics to support and encourage you.

- Portion sizes
- Dealing with hunger & craving
- Moving more!
- Food Labels
- Overcoming barriers
- Swop it don’t stop it!

To **book** a place or for more information please contact;
The Health Improvement Team on **03000 859 625**
New Mind activities in 2019

Socialise at our Saturday Drop-In – 1pm-4pm

Every Saturday throughout the year the Wellbeing Centre in Mold welcomes people who want to enjoy good company, tea, coffee and cake. At the drop in, apart from a warm welcome and a chat, you can, if you wish, take part in Yoga, relaxation, quizzes and board games. You can also find information and advice that you may need about what is going on in Flintshire.

Friday afternoons
End of the week Relaxation – Alternative
Fridays beginning 4th January 2019

Crafty Fridays – 1.30pm-3.30pm

From January 11th 2019 and alternative Fridays

Throughout the year we have a “crafty group” where we try new things and also old favourites. We paint, draw, model, knit and glue things together. We make individual pieces and work together on joint projects to create our works of art. We also drink lots of tea and enjoy the chatter.
NE Wales’ Mind’s Stress Management Skills course is designed to help people understand and manage stresses in their life. It’s for you if you’re struggling with mild stress and anxiety. It’s based on proven Cognitive Behavioural Techniques.

What will you learn?
• What stress is and why it happens
• How to pinpoint the causes and effects of stress in your life
• How to break the vicious cycle of stressful thinking using proven Cognitive Behavioural Techniques
• Practical ideas and tools to manage stress
• Simple relaxation techniques
• How sleep, diet and exercise can help

Stress management is aimed at those with mild to moderate levels of distress and who are not receiving a service from a Community Mental Health Team. To find out if the course might be right for you please contact Parabl on 0300 777 2257.

“The greatest weapon against stress is our ability to choose one thought over another.”
William James

Date and Venue
Wed Sept 11th for 7 weeks - Mold -
Tues Nov 5th for 7 weeks - Connah’s Quay
Wed Jan 15th for 7 weeks - Mold

Time: 6pm - 8pm
Step-up! Step out!

John Muir – get out, meet people and take care of nature...

Discover, Explore, Conserve and Share wild places in the local area. Choice of tasks, all abilities, no previous experience required.

8 Week course starting on 24 September 2019

Please contact Jill or Steph – details below.
Steph Walsh – North East Wales Mind
steph.walsh@newmind.org.uk
01352 974430 or 07834 465770

Jill Blandford FLVC
jill.blandford@flvc.org.uk
01352 744001 or 07469 147883

North East Wales Mind
Wellbeing Centre
23b Chester Street
Mold
Flintshire CH7 4EG
Mindfulness for depression (MBCT)

“If you want to conquer the anxiety of life, live in the moment”
Amit Ray

This tried and tested eight week mindfulness course is designed for people who have had depression. It combines mindfulness techniques like meditation, breathing exercises and stretching with elements from cognitive therapy to help break the negative thought patterns that are characteristic of recurrent depression. MBCT will teach you to pay attention to the present moment, rather than worrying about the past or the future. It’ll help you let go of the negative thoughts that can tip you over into depression. It’ll make you more aware of your own body, helping you identify the signs of oncoming depression and ward off an episode before it starts. This course is ideal for people who have completed an introduction to mindfulness or on-line course and who would like to develop their mindfulness practice further. It’s for people who have had three or more episodes of depression in the past, but are currently stable (ie not deeply depressed at the moment).

This course can only be booked through Parabl. To find out if the course might be right for you ring Parabl on 0300 777 2257 or email ask@parabl.org.

Parabl on 0300 777 2257 or email ask@parabl.org.

Date: Mon Oct 7th for 9 weeks - 6.00pm - 8.00pm
& Time: Tues Jan 14th for 9 weeks - 10.00am - 12.00pm
Venue: Mold

This course is provided by North East Wales Mind
Live Life to the Full

Feel happier, sleep better
do more and feel more confident

In just eight, enjoyable 90-minute sessions, this programme can help you make a difference to your life.
With the help of a FREE little book and expert guidance at each session, you’ll be able to sort out your feelings when you’re fed up, worried or hopeless and you’ll learn skills that help you tackle:

- You’ll also meet new people and have a lot of fun!

- THE THINGS YOU DO THAT MESS YOU UP

- ARE YOU STRONG ENOUGH TO KEEP YOUR TEMPER?

- I’M NOT GOOD ENOUGH

- HOW TO FIX ALMOST EVERYTHING

- I CAN’T BE BOTHERED DOING ANYTHING

- 12 HOURS CAN CHANGE YOUR LIFE

- WHY DOES EVERYTHING ALWAYS Go WRONG?

8 sessions will start on 21st October 2019 at North East Wales Mind Wellbeing Centre in Mold from 1pm to 3pm. Finishing on 9th December 2019.

The course is friendly and fun. You will learn how to feel more in control of your life and improve your experiences.

Contact:
Steph Walsh
steph.walsh@newmind.org.uk
01352 974430
07384 465770

This course is provided by North East Wales Mind
"My Time" Yoga

Enjoy flowing movements and gentle relaxation for a happier, calmer life. Suitable for all ages and abilities including complete beginners.

Ring 01352 97 44 30 for more details, email reception@newmind.org.uk or simply come along.

Fridays 10.30am – 11.30am Mold Methodist Church
Wrexham Street CH7 1AZ
Floristry Beginners Plus

Come along for a fun, creative morning to include making: Double Buttonholes, making a floral arrangement and making bows. A step on from the basic course. Make some lovely things to take away with you at the end of the session! If you are interested in flowers, then come along and learn some new skills.

Date: Wed Oct 9th
Time: 10.00am - 12.00pm
Venue: Growing Places, Unit 4 Rowleys Drive, Shotton, Shotton, Deeside, Flintshire, CH5 1PP

Mental Health Measure - Half-Day Refresher Course

The Mental Health (Wales) Measure 2010
2010 saw the introduction and implementation of the Mental Health Measure in Wales. This ½ half day course offers a refresher session on what the Mental Health (Wales) Measure 2010 is, what recommendations came from the 2016 review and explores what support people with mental health problems and their carers can expect to receive.

Date: Thurs Oct 24th
Time: 9.30am – 1.00pm
Venue: Flint Town Hall, Holywell Street. FLINT CH6 5NW
Recruitment & Selection Processes - The right person, the right way.

Effective recruitment is the key to successful service delivery, but how much training have you had about it? Too often people are not clear about how to focus on the suitability of the person to the post available.

This two-day course will support people to feel confident and knowledgeable in the recruitment and selection of staff.

This course will give:

- An overview of the basic principles and good practice relating to recruitment and selection from designing an advert to interviewing and beyond
- An overview of your Equality Act responsibilities
- Short listing and interview methods
- Key tips on how to create suitable questions for interviews.

This is a two-day course.

Participants will need to attend both days of the course.

Date: Tues Nov 7th & 14th
Time: 9.30am - 4.00pm
Venue: Flint Town Hall, Holywell Street. FLINT CH6 5NW

Seasonal Decoration Making

Seasonal Wreath and Table arrangement workshop. Come along for a fun, creative and relaxed session. Make these lovely items to take away with you at the end of the session!

Festive eats and refreshments. Cost £5 per person for the materials. (2 Sessions)

Date: Wed Dec 11th & 18th
Time: 10.00am - 12.30pm
Venue: Growing Places, Unit 4 Rowleys Drive, Shotton

This course is provided by Unllais
Meeting Facilitation Skills
Hearing from everyone in the room

Do events or meetings sometimes feel hostile or futile? Are you tired of hearing the same voices making the same points? And why are some people always quiet in meetings? A meeting should benefit from the input of everyone in the room. Their motivation for being there, their experience or knowledge could be key; the spark that you were needing. This course empowers people to manage the room so that everyone gets the chance to participate.

Outcomes include:
• Setting off from a safe place; meeting rules
• Chairing, guiding and conducting input
• Managing and parking difficult or irrelevant issues
• Encouraging contributions from quiet participants

(A little Bit of Minute taking)……..

A rapid run through the key elements of recording relevant notes during meetings to provide final documents to be sent to others or anyone who requires the information.

Date: Thurs Dec 5th
Time: 10.30am - 4.00pm
Venue: Gloucester Room, Deeside Enterprise Centre, Rowleys Drive, Shotton, Deeside, CH5 1PP
Develop your confidence to express your views. Bring about positive changes in your life. Know your rights and where to get help and support. Choose as many courses as are helpful to you. All sessions are designed to make a positive difference. Most transport costs are refunded, refreshments and drinks provided are totally free. The SAFE programme is available to service users, carers and anyone with mental health concerns. Some courses are also open to staff and volunteers.

CONFIDENTIAL, INDEPENDENT, FREE
ONE POSITIVE THOUGHT IN THE MORNING CAN CHANGE YOUR WHOLE DAY!

SAFE Successful Volunteering part 1

A 2-week course

**Week One:** An introduction to Volunteering for anyone who is interested in volunteering or in building their skills and confidence, also a chance for those that already volunteer for SAFE to recap on important aspects of the roles.

**Date:** Thurs Aug 22nd  
**Time:** 11.30am - 2.30pm  
**Venue:** Deeside
Building Blocks for Confidence

A 2-week course
A very gentle confidence building course with lots of support and a ‘no pressure’ approach that will help you find ways to build your confidence…. Particularly if you are new to group situations.

“When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things.”

Date: Wed Aug 28th & Thurs Sept 5th
Time: 12.00pm – 2.30pm
Venue: Deeside

When communication gets difficult

We could argue that most problems in communications are because ‘we speak without thinking or we think without speaking’. This session will look at how we can improve our communications with family and friends and other people and reflect on some of the barriers that get in the way of positive communication.

Date: Thurs Sept 12th
Time: 12.00pm – 2.30pm
Venue: Mold

These courses are provided by
Advocacy Services North East Wales
Leap the Limbic Living so Logic

Why do we have thoughts of failure – lack of confidence – stress – anxiety and anger? What controls and drives this? Find out how your brain can sabotage you by thinking and acting negatively and putting barriers up to stop you from being the best version of you.
When you know why, the strategies you will learn in this session will help you to think logically and positively in a life much more positive and fulfilled.

Date: Mon Sept 24th
Time: 12.00pm - 2.30pm
Venue: Mold

The Thief and me

Mental ill health can be overwhelming, it’s like the thief that gradually steals away from you things like, your confidence, self – esteem, your energy and enthusiasm. This useful workshop will look at the thief in all forms and help you to improve your strategies to keep it at bay.

Date: Thurs Oct 3rd
Time: 12.00pm - 2.30pm
Venue: Deeside
The why and how of Assertiveness part 1

Introduction to assertiveness
Learn the difference between being assertive, passive or aggressive. How to tell if someone is being aggressive or passive-aggressive towards you and the techniques that can be used in these situations.

Date: Wed Oct 9th
Time: 12.00pm - 2.30pm
Venue: Mold

SAFE Successful Volunteering part 2

Week Two: Designed to support SAFE volunteer development and build on existing skills. This session will look further into the role of being a volunteer and what is needed to become a facilitator.

This session is for SAFE volunteers only

Date: Thurs Oct 17th
Time: 11.30pm - 2.30pm
Venue: Deeside
So socially Successful

Do you struggle in groups or meeting new people? Then this session is for you! Come along and find out how to be more comfortable when around people you don’t know. Learn some useful strategies you can use to help you feel more confident and some relaxation techniques to help calm you in stressful situations.

Date: Thurs Oct 24th
Time: 12.00pm - 2.30pm
Venue: Deeside

The why and how of Assertiveness part 2

This session will help you develop your communication skills, the ability to stay calm using powerful, carefully selected words that can get immediate attention, say yes to things that are good and no to things that are not and learn how to express your feelings in a non-judgmental way, which will improve your confidence for the rest of your life.

Date: Wed Oct 30th
Time: 12.00pm - 2.30pm
Venue: Mold
All things well... that end well

Feeling stressed? Not sleeping well or sleeping too much?
Why not come along and find out why this could be happening and learn some helpful ways to a healthier wellbeing. Learn about good sleep hygiene, Mood foods and the five ways to wellbeing. All of this can help lower your stress levels, help your sleep pattern and get you on the right track to a healthier you.

Date: Thurs Nov 7th
Time: 12.00pm - 2.30pm
Venue: Mold

Finding the silver lining

Want to know how to avoid thinking negatively and how to live a positive life?
This session will teach you how to avoid negativity and learn the art of positive thinking.
Change your way of thinking for a happier and healthier life and mind.

Date: Thurs Nov 14th
Time: 12.00pm - 2.30pm
Venue: Deeside
Beware Procrastination

Do you find yourself putting things off and leaving things until they eat away at you and cause you to worry? If so you are not on your own!
Research shows that mental health problems and procrastination are very closely linked. In fact one can make the other worse and vice versa. This session will look at our tendencies to put things off, the impact this can have on our mental health and how we can tackle procrastination in a really positive and helpful way. Don’t put it off ….come and join us!

Date: Wed Nov 27th  
Time: 12.00pm - 2.30pm  
Venue: Mold

Living on a budget

Living on a budget isn’t easy, especially if you are on a low income. This session is full of helpful tips for managing your money. Learn about apps available to download for free on your phone/tablet that will help you keep track of your income and out goings. Find out ways to save money for hobbies and money to go towards Christmas shopping or Birthdays. Also helpful tips on making the most of the bits you buy and where is good to shop.

Date: Thurs Dec 5th  
Time: 12.00am - 2.30pm  
Venue: Mold
Its SAFE to step forward

This session is guaranteed to help you to see the benefits of stretching your comfort zone! Benefits of trying new activities, meeting new people, developing new hobbies and skills. The session will be full of fun activities that encourage you to expand your comfort zone and build your confidence… guaranteed!

Date: Wed Dec 11th  
Time: 12.00pm - 2.30pm  
Venue: Deeside

Review and Christmas shindig

This review session will be a lovely way to reflect on our progress. Your thoughts, opinions and suggestions are invaluable to us. We will sit down together and look at what has worked, what we can improve and what sessions you think may benefit you in the future. We will also enjoy some relaxation time while enjoying a natter and some food before we break for the festive period.

Date: Thurs Dec 19th  
Time: 11.30am - 2.30pm  
Venue: Deeside

These courses are provided by Advocacy Services North East Wales
Welcome to KIM!
We are an award winning charity providing professional, high quality mental health support in the community. Our group led activities are proven and innovative. KIM sessions are friendly, fun and always focused on progression and individual development.

We provide a range of mental health services called KIM 4 Her, KIM 4 Him and KIM Betweeners. Details are on the next page; these services are accessed by a referral from keyworkers or directly from the individual.

**KIM 4 Her**
is an established project for women which is sociable, informative and builds self-reliance through a combination of new places, new people and inspiring opportunities individuals learn about themselves, their responses and their place in their community.

**KIM 4 Him**
is a ground-breaking project designed specifically for men. We help reduce the barriers to men seeking support through 1-1 mentoring and team based group work. If you’re interested in photography, themed days, Men’s Sheds, Star Wars, cooking, monthly brunch and a whole lot more, get in touch.

**KIM Betweeners**
is especially for young people who are struggling with social anxiety, depression, self-harm or other mental health problems. We offer 1-1 support and you can meet others in fun groups that are safe and friendly.

**Community Activities**

**No referral required – just come along 😊**
We welcome everyone to come along and join in with our community activities. These include our Cwtch Pop-Up Café every Friday, the Holywell and District Men’s Shed and KIM Community Choir all at the Hub. Other events are regularly posted on our website and face book page.

The following pages provide information our week at KIM.
Tuesday

KIM Choir

Are you more Jedward than Adele?
That’s ok –
all levels welcome!
Come along and have a go
with the group

12:30pm-2:30pm

The Hub,
Park Lane,
Holywell,
CH8 7UR
Wednesday

Football Shed

New project with Holywell Town Football Club
Come along if you consider yourself handy or just want a brew and a chat.

1.00pm-3.00pm

Holywell Town Football Club,
Halkyn Road,
Holywell,
CH8 7TZ

Please call Dave 01352 872189 if you would like to attend
Thursday
Bouncing Back

FREE!
All Levels welcome

12:30pm-2:30pm

Mold Tennis Club

BOUNCING BACK
FREE TENNIS FOR MENTAL AND EMOTIONAL WELLBEING

For more info call
07732497048
01352872189

Maes Badlonfa
Mold
CH7 1DR

Play often, play well, play fair

These Groups are provided by KIM
Friday

Men’s Shed

Come along and help out with the group maintaining the onsite shed or with the group projects. Perfect day out to meet the KIM staff and volunteers. Come along with friends, family or support worker. Everyone is welcome.

10am-12pm

The Hub,
Park Lane,
Holywell,
CH8 7UR

FREE!

Community Café

Come along and have a 2 course meal for £3.50 and get to know everyone!

12pm-2pm

The Hub,
Park Lane,
Holywell,
CH8 7UR

These Groups are provided by KIM
‘Stepping Up to Volunteering’

You are thinking about **Volunteering** in your local community, or beyond?

**Young Peoples Project**

16 – 25yrs

OCN Level 1 Voluntary Work Skills Accreditation

&

Practical Volunteering taster sessions in Flintshire

**For more information and booking details:**

Debbie Long - Volunteer Development Officer
01352 744017
Debbie.long@flvc.org.uk

Chris Ablett – Volunteer Development Officer
01352 744019
Chris.ablett@flvc.org.uk
‘Stepping Up to Volunteering’

For Adults with a mild Learning Disability and/or Autism Spectrum Conditions

WHAT’S INVOLVED?

Volunteer Taster Sessions
An opportunity to try different kinds of volunteering throughout Flintshire.

We’ll be volunteering in small supported groups. Often participants will do independent tasks in order to boost confidence.

Gain an accreditation
Participants with have the chance to achieve a Level 1 OCN accreditation in Voluntary Work Skills.

Improve and learn new skills
The course will be an opportunity to develop existing skills, improve social skills and try different new things.

FIND OUT MORE

To discuss whether the course would be suitable for you please contact:

Chris.Ablett@flvc.org.uk - 01352 744019

These courses are provided by FLVC
Creative Mondays
All Welcome
10.00am – 12.00pm
in the Gloucester Room,
Deeside Enterprise Centre
Tea & Coffee – 50p
Arts & Crafts – £1
For further information, please call:
Jeanette on 01244 831056 or
Steve on 01244 810185

FOOTBALL GROUP
Come along and play football
in a fun and friendly
supportive group...
Wednesdays @ 2pm-3pm
Deeside Leisure Centre,
Chester Road West
Queensferry,
Ch5 1SA
Contact: Steve or Mike
01244 810185
Everyone Welcome

This course is provided by
FCC Mental Health Support Services
Have you ever wanted to play Dungeons & Dragons but never found a local group. Flintshire D&D is a new group who welcome new or experienced players. If you would like to know more then call in, even if it’s just to watch! Refreshments are provided. What’s not to like? Oh! and did we mention - IT’S FREE!
For more info contact - Dave Gowith - via telephone on: 01244 831056
We have five weekly Drop-ins across Flintshire. The Drop-ins are facilitated by Support Staff from Social Links which is one of Flintshire County Council’s Mental Health Support Services. The Drop-ins are open to everyone. They offer a safe place to meet and have a chat over tea/coffee and biscuits. We always welcome new people and staff are available to offer support. No referral from your GP or your Care Co-ordinator is required so feel free to just come along. The atmosphere is relaxed and supportive.

Monday - Hope Church Hall, Hope 1.30pm - 3.30pm

Tuesday - Chapelarts Tyddyn Street Church, Mold 10.30am - 12.30pm

Wednesday - Rivertown Church, Shotton 10.30am - 12.30pm

Friday - St Mary’s Church Hall, Flint 10.30am - 12.30pm

Saturday - CAB, Connah’s Quay 10.30am - 12.30pm

We ask for a 50p contribution towards refreshments.
For further information please contact Social Links on 01244 810185

If you have ever wanted to try something new come along and have a go it’s a small friendly group, there is no pressure to perform. This is a group of likeminded people who like to sing or play an instrument. If you have your own instrument to use bring it along. It’s great to meet new people in a relaxed friendly atmosphere. Come and have fun!!

Thursdays 3pm - 5pm
@ Growing Places

This course is provided by FCC Mental Health Support Services
Maths and English Skills for Adults

English and Maths skills are essential to most jobs and for everyday life. We offer a range of courses for students of all ages to help you to brush-up your skills, even if you have been out of education for a while. All of our classes are tailored to your needs, so whatever your reason for joining, we have the right course at the right level for you.

You will learn at your own pace and, where appropriate, could achieve recognised qualifications.
We offer courses at a range of different venues across Flintshire, including Flint, Aston, Buckley, Holywell, Mold, Broughton and Connah’s Quay.
Join a small, friendly, day or evening class and you will be able to:
- Improve your reading and writing skills;
- Gain confidence with punctuation, spelling and grammar;
- Help your child with homework;
- Complete forms and applications;
- Work on your maths skills.

For more information about any of our courses, please contact Kerry Lloyd on 01978 267369 or email kerry.lloyd@cambria.ac.uk

Computer and Tablet Courses

The IT skills courses run by Coleg Cambria are aimed at anyone who has little or no previous knowledge or experience of using a computer or tablet. Depending on the course you choose, you will cover:

- Searching the internet;
- Shopping online;
- Internet safety;
- Using email;
- Downloading and using apps;
- Computer skills for the workplace.
Tai Chi Movements for Well-being (TMW):

Holywell Leisure Centre Wednesday 1.45pm - 2.45pm

Mold Leisure Centre Wednesdays 11.30am-12.30pm

Deeside Leisure centre Mondays 1.30pm-2.30pm
   Wednesday 2.30pm - 3.15pm
Jade Jones Flint Pavilion Mondays 11.45am - 12.30pm

TMW is suitable and safe for all abilities. No special clothing or footwear required, just loose comfortable clothing,

These movements come from the tradition of Tai Chi and Chi Kung. They are very quick to learn and simple to perform. They will help increase your body/mind coordination, your circulation, flexibility, balance, your sense of self and feeling of well-being. You can do the movements seated or standing, or a combination of the two. These movements are for you. They help you to relax and feel a sense of well-being every time. Once you have learnt the movements you can do them at home as often as you like.