



# FENLAND WELLBEING SERVICE PROSPECTUS



# INDEX

<b>Page</b>	<b>GROUPS</b>
3	COMMUNITY PEER SUPPORT GROUP
4	YOUNG PERSON PEER SUPPORT GROUP
5	CREATIVE MINDS- WELLBEING THROUGH ART GROUP
6	COMMUNITY RECOVERY CAFE - PEER SUPPORT GROUP
7	5 WAYS TO WELLBEING PEER SUPPORT GROUP
8	BI-POLAR and DEPRESSION PEER SUPPORT GROUP
9	SELF HARM PEER SUPPORT GROUP

## **Workshops and Courses**

10	ASSERTIVENESS COURSE
11	7 STEPS TO WELLBEING
12	SELF MANAGEMENT- HOW TO BOUNCE BACK
13	FEELING SAFE - SUPPORT GROUP FOR WOMEN WHO HAVE EXPERIENCED DOMESTIC ABUSE
14	ANGER MANAGEMENT
15	SAD AND COPING WITH CHRISTMAS
16	OUTREACH

## Community Peer Support Group

Our Community Peer group is for anyone who would benefit from the opportunity to socialise with others.

Good mental wellbeing is supported by our social networks and relationships. Feeling isolated or lonely can significantly impact and lead to mental health problems such as depression and anxiety. We also understand that experiencing mental health difficulties can lead to loneliness with people finding it hard to maintain relationships. The stigma and discrimination can make worse.

### Aims

- Opportunity to develop relationships and broaden social networks
- Decrease loneliness and isolation
- Engage in community activities

### Examples of what the group covers

- Enjoy a meal at a local café/restaurant
- Seeing the latest film
- Going bowling

### Other details

This group is run by volunteer peer mentors

It takes place at March and Wisbech meeting at the office in the first instance.

This is a three hour session

The group meets once a month

Maximum of 8 places up to 8 weeks

## Young Person Peer Support Group

Our Young Person Peer Support group is for anyone aged 18 – 30 who would benefit from the opportunity to socialise with others of similar age.

Good mental wellbeing is supported by our social networks and relationships. With young people there is added pressure of the expectation from peers and society that youth should have a social network and an active social life. This can lead to people who do not have a social network feeling further isolated and lonely and can significantly impact on wellbeing and lead to mental health problems such as depression and anxiety. We also understand that experiencing mental health difficulties can itself lead to loneliness with people finding it hard to maintain relationships. The additional stigma and discrimination making it worse.

### Aims

- Opportunity to develop relationships and broaden social networks
- Decrease loneliness and isolation
- Engage in community activities

### Examples of what the group covers

- Enjoy a meal at a local café/restaurant
- Seeing the latest film
- Going bowling

### Other details

This group is run by volunteer peer mentors

It takes place at March and Wisbech meeting at the office in the first instance.

This is a three hour session

The group meets once a month.

Maximum of 8 places up to 8 weeks

## **Creative Minds - Wellbeing Through Art Group**

Our “Wellbeing Through Art and Craft Group” is a creative space for both men and women to improve their wellbeing through participation in the arts.

The importance of wellbeing as a concept is gaining increasing recognition. Money and income may contribute to people’s sense of wellbeing but the two are not always completely interdependent. Our wellbeing is vital to our health and to our effectiveness at work and in the community. The place of art in creating and supporting feelings of wellbeing is vital. Research suggests that Art has the power to make a positive impact on people’s wellbeing.

### **Aims**

- Opportunity to connect with others with similar experiences
- Engage in a peer network to offer and receive support
- Explore ways to promote wellbeing through art and craft
- Encourage creativity and exploration of different methods of distraction.

### **Examples of what the group covers**

- Develop strategies to manage wellbeing through Art
- Expressing yourself through art
- Identify ways to improve wellbeing through art
- Prepare for transition to move on to independent art group in the community

### **Other details**

This is a two hour weekly session and is run by Volunteer Peer Mentors.

There maybe a small charge for crafts that you may wish to take home.

There will be a maximum of 8 places available up to 6 weeks

## Community Recovery Cafe - Peer Support Group

This group is aimed at anyone wanting to talk to others in a similar position to themselves. It is supported by peer mentors and is to encourage people to overcome anxiety and be able to converse with others in a social setting. This is a stepping stone to encourage people to progress towards making social networks.

Good mental wellbeing is supported by our social networks and relationships. Feeling isolated or lonely can significantly impact and lead to mental health problems such as depression and anxiety. We also understand that experiencing mental health difficulties can lead to loneliness with people finding it hard to maintain relationships. The stigma and discrimination can make worse.

### Aims

- Opportunity to develop relationships and broaden social networks
- Decrease loneliness and isolation
- Engage in community activities

### Examples of what the group covers

- Peer support opportunity to meet service buddies and mentors
- Opportunity to discuss coping strategies
- Opportunity to build your confidence skills to enable you to interact with your peers.
- Social interaction
- First step to gaining social inclusion to enable recovery

### Other details

This group is run by volunteer peer mentors

It takes place at March and Wisbech

This is a 1. hour session

The group meets once a week

Maximum of 8 places up to 6 weeks

## 5 Ways to 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, joining a college, starting a course.
- Finding ways to give something of ourselves to others and the community like volunteering
- Group discussions on how to motivate ourselves to be active, participate in healthy walks, join a gym
- Talk to someone instead of sending an email, Speak to someone new, make new friends

### Other details

This group is run by volunteer peer mentors

It takes place at March and Wisbech

This is a 2 hour session

The group meets once a week

Maximum of 8 places for 5 weeks

It is important that you attend all the sessions in order to have the opportunity to change your life long term.

## Bi-Polar/Depression Peer Support group

Our “Bi-Polar and Depression 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 will be a opportunity to learn new strategies for dealing with the day to day realities of depression. It also provides an opportunity to be part of a network of peers with similar experiences.

### Aims

- Reduce isolation and loneliness
- 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
- Learning new coping mechanisms
- Finding ways to connect with others and the community
- Group discussions on how to manage wellbeing.

### Other details

This is an informal group run by volunteers and peer mentors

It takes place at March

This is a 2 hour session

The group meets once a month

Maximum of 8 places



## Self Harm Peer Support group

Because self-injury is often perceived as something ‘young people’ do, adults can feel that it is something they should have ‘grown out’ of. Our “self harm 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 will be a opportunity to learn new distraction strategies for dealing with the day to day realities of self harm . It also provides an opportunity to be part of a network of peers with similar experiences.

### Aims

- Reduce isolation and loneliness
- 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
- Learning new distraction mechanisms
- Finding ways to connect with others and the community
- Group discussions on how to manage wellbeing.

### Other details

This is an informal group run by volunteers and peer mentors

It takes place at March

This is a 2 hour session

The group meets once a month

Maximum of 8 places

## Assertiveness Course

Our Assertiveness Course is for anyone who would benefit from the opportunity to learn the skills of assertiveness and effective ways to use these in everyday life.

### Aims

To develop an understanding of assertiveness skills

Analyse and develop everyday experiences to see options and choices in everyday life

Develop communication and use effectively

Recognise and increase positive behaviour patterns, to understand these and work towards changing negative habits

### Examples of what the course covers:

- effective communication
- exploring positive tactics for handling conflict
- speaking up for yourself in day to day situations
- relieving stress
- gaining confidence
- improving health
- time management

### Other details

This group is run by Peer Mentors

The course is run at our offices in March and Wisbech and across our other services within our locality

This course will run over 8 weeks consisting of 3 hour sessions.

Spaces are limited to 8

It is important that you attend all the sessions in order to have the opportunity to change your life long term.

## 7 Steps to Wellbeing

This course is for anyone who is ready to learn how to manage their own wellbeing. It is designed to equip people with the knowledge and skills to effectively manage and improve their own health and wellbeing. .

Anxiety, panic, low self esteem and lack of confidence impact both physically and emotionally on a persons wellbeing. In some cases, it can become excessive and cause someone to dread everyday situations.

### Aims

- Explore what wellbeing steps we need and what keeps it going
- Identify triggers and how to deal with them
- Explore ways to successfully manage our own wellbeing

### Examples of what the course covers

- An overview of Assertiveness and how to improve skills and techniques
- Explore how anxiety and panic develops, including causes, symptoms and triggers.
- How to improve self esteem and confidence
- Mindfulness techniques
- Self help toolkit - problem solving techniques and relaxation strategies

### Other details

This group is run by Richmond Fellowship team with a volunteer

The course is run at our offices in both March and Wisbech

This is a two hour session over seven weeks

There will be a maximum of 10 places available

It is important that you attend all the sessions in order to have the opportunity to change your life long term.

## Self Management- How to bounce back

“How to bounce back” aims to help people understand their own mental wellbeing, helping them recognise causes, triggers and symptoms. The workshop aims to empower people to take control of their own recovery and wellbeing by giving them the tools and strategies to use

Resilience and self management is a key part of maintaining good wellbeing; by resilience we mean the ability to cope with life’s challenges and difficulties. We all have differing levels of resilience and it fluctuates throughout our lives so using techniques to manage enables people to develop confidence and empowers them to know they can cope.

### Aims

- Explore the concept of resilience and self management
- Improved self confidence
- Identify factors which may increase or decrease our ability to cope
- Identify self management techniques and methods to maintain good levels of resilience

### Examples of what the course covers

- Group discussions to develop a resilience tool kit including mindfulness techniques
- Identify Unhelpful thought patterns
- Assertiveness techniques
- Boosting of self esteem and confidence
- How to build supportive networks

### Other details

This group is run by Volunteers

The course is run at our offices in both March and Wisbech

This is a two hour session

There will be a maximum of 10 places available

It is important that you attend all the sessions in order to have the opportunity to change your life long term.

## Feeling Safe Workshop- for women who have experienced domestic abuse

The feeling safe womens group is for any women who have experienced domestic abuse and would like to make positive changes in their life. Domestic abuse not only has a lasting impact on wellbeing and self esteem but often survivors will go on to repeat the cycles. This workshop aims to break the circle by helping attendees understand feelings, to become empowered and to strengthen self esteem.

Self management is a vital tool to enable people to move forward and take control of their own recovery journey and the workshop aims to strengthen individuals resilience and understanding to enable positive changes.

### Aims

- To break the break the 'secret' of abuse
- Understand what is abuse and how it is experienced
- Help build confidence and self esteem
- Help build assertiveness and how to say 'no'
- Help to build support networks

### Examples of what the group covers

- What domestic abuse is
- How women and children experience abuse
- Self worth and self esteem issues
- Assertiveness and confidence building and how to say no
- Support networks
- The future

### Other details

This course is a weekly two hour session over eight week and is run by Richmond Fellowship staff.

It takes place at our March and Wisbech offices.

Maximum of 12 places

It is important that you attend all the sessions in order to have the opportunity to change your life long term.

## Anger Management

This is for anyone who wants to learn how to deal with anger in a constructive and healthy way. It is also for anyone with a friend or family member who has problems with anger.

Anger is a natural response to feeling attacked, deceived, frustrated or treated unfairly. Everyone gets angry sometimes – it's part of being human. It isn't always a 'bad' emotion; in fact it can sometimes be useful. Anger can contribute to mental health problems, and make existing problems worse.

### Aims

- Help to identify triggers and build confidence and self esteem
- Help to manage anger and build assertiveness
- Help to build support networks

### Examples of what the group covers

- When is anger a problem
- What is unhelpful angry behaviour
- What causes anger
- How to manage and cope with anger
- Support networks

### Other details

This course is a weekly two hour session over four weeks and is run by Richmond Fellowship staff.

It takes place at our March and Wisbech offices.

Maximum of 12 places

It is important that you attend all the sessions in order to have the opportunity to change your life long term.

## **SAD and Coping with Christmas**

This workshop is for anyone who is affected by Seasonal Affective Disorder and depression over the festive period. SAD is a condition that can be difficult to understand and with the festive season approaching there is an additional pressures of peoples expectation. The course also looks into Coping at Christmas. Christmas can be a stressful period for anybody, and this course looks at techniques and ways of dealing with the festive season.

Resilience and self management is a key part of maintaining good wellbeing; by resilience we mean the ability to cope with life's challenges and difficulties. We all have differing levels of resilience and it fluctuates throughout our lives so using techniques to manage enables people to develop confidence and empowers them to know they can cope.

### **Aims**

- Help to identify the signs and symptoms of Season Affective Disorder.
- Help to manage your mental health if you have SAD and what treatments are available.
- Understand what the causes of SAD are.
- Offers strategies and tips for coping with Christmas.

### **Examples of what the group covers:**

- What is SAD?
- What causes SAD?
- How do people experience SAD – how do they feel and how does it affect someone?
- How can SAD be treated?
- Tips for coping with Christmas.

### **Other Details:**

This workshop is a two hour session and is run by Richmond Fellowship staff or volunteers  
It takes place at our March and Wisbech offices.  
Maximum of 8 places

## 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 March and Wisbech

The range of outreach support offered :

One to One Support and Drop in service for new referrals at the following:

- Whittlesey Library
- Chatteris George Clare Surgery and Library
- Manea GP Surgery and - Meet and Greet
- Doddington
- Parsons Drove GP Surgery
- March Cornerstone Surgery
- Youth Foyer
- Young Persons Project
- Genesis Housing Projects

Individual Appointments can also be arranged with Peer Support or Support Worker

Please contact us for further details