Our Services

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For more information about all our services visit www.inspirewellbeing.org
Welcome

We would like to welcome you to Foyle Community Wellbeing service at The City Factory.

The Service is scheme based & also uses local community, voluntary and/or leisure facilities

We offer a range of activities with a focus on the 5 steps to Wellbeing—Connect, be active, keep learning, take notice & give.

The service provides support & learning to help with personal decision making, self advocacy and self belief, providing opportunities for members and staff to come together, to learn together, and to feel part of something positive, worthwhile and fulfilling

I really value this service, the skills that I have developed personally help me to cope better in situations that I would have not handled well before. The staff are friendly & understanding & will always take time to talk when I need it.

I benefit by getting involved with the classes that are provided as I am not the best communicator.

"I benefit from course/activities as I get to mix with other people hence I won’t feel isolated and gives structure which is important to my mental health"

“The courses keep me active and allow me to be out of the house and into a safe environment”

It’s helped me to retain my way of thinking into a more positive & healthier way.
Comments from those who have attended groups/sessions at Foyle CWS

Staff are understanding and supportive, this is a good place to come & feel part of the community, I choose what groups suit me and I have made good friends

Excellent service with great staff, I would be lost without the Centre and the support from staff and the members. My mental health has improved great from I started coming to the Centre.

Cannot fault-fantastic service, changing my life for the better

Helps me cope with my depression

It's a very good service. The staff are very empathetic.

Get Inspired...

Social opportunities to connect in the community & beyond – **Building connections to support and enrich you every day.**

A range of areas of interest & personal development – **Learning can make you feel good about yourself**

Physical activity—swimming, walking & more **Exercise or physical activity can improve mood and make people feel better.**

Discover self expression through creativity & wellbeing techniques **Being aware of what is taking place in the present leads to a more positive state of mind.**

Build friendships, get involved, co-design & co-deliver sessions– **Helping, giving and sharing are associated with increased self-worth and positive feelings.**
Connect

Social Hub
Daily social hub, catch up with local & international news, stories, events, inspire others with your stories, experiences—share & learn together, meet & greet new members—help them settle in.

Connect in the community
10 pin bowling, at Brunswick—get yourself a bite to eat when you’re there, come along to Brooke Park gym—get yourself a little bit fitter or join our range of walking groups—take in the local beauty of our City.
Art exhibitions, theatre trips, other cultural events/activities—

Sunday social group
Spend your Sunday afternoon in good company, meeting up in a local café—have a dinner or a cup of tea, connect with the community around you.

Cinema group
Regular movie day, Strand Omniplex—half price Tuesday—recline, enjoy make the most of your local facilities.

How to get involved...

Application Process
The application form will be completed by you and your keyworker or GP, it will then be forwarded to us and we will follow up with a letter or phone call to arrange a visit. You will be given a tour of our scheme & someone will talk you through the programme & you can discuss the options for joining groups.

Wellbeing
When you start attending you will get the opportunity to set up an individual wellbeing plan to set yourself some goals or be part of a group plan to get the most out of the activities.
**Give**

**Crafters Social Group**
This group is a mix skills group who share their abilities with each other— including teaching crochet, embroidery, design techniques for upcycling. Blankets have been made for donating, prize baskets have been created for fundraising. Pinterest & You Tube ideas are shared & explained.

**Social Hub**
This group is an informal group who meet for tea & chat, they support each other in a variety of ways from sharing stories, experiences, to accompanying those that appreciate the help to go shopping, Tesco’s for groceries, Primark for clothes, Poundland for bargains—the list goes on.

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**Keep Learning**

**Art**
Learn new skills including glass painting, watercolours and oil paints., pottery, clay modelling, upcycling projects, hessian bag design, decoupage—the list goes on

**Skills training**
DBT & Mindfulness all provide a range of skills that can be practised at home

**Manage the Challenge**
Manage the Challenge’ is delivered by fully trained staff over 6 weekly sessions on a rolling program. This course is designed for people experiencing long term physical or mental health conditions and is run in a closed group setting. Check details with staff of next available program

**Play reading**
Learn new plays– get a reading part– join this group for gaining confidence, get lost in the moment of becoming your character, have fun & make it your own.
**Be active**

**Gym**
Monday & Wednesday 12.30-2pm—gym work to suit your ability—accompanied & supported by our Wellbeing Champion—first time users will complete an induction by a trained professional in Brooke Park

**Swimming**
Ladies swimming group in William Street Baths—excellent fitness boosting activity—plus a feel good factor after your swim

**Walking for Health**
Regular walking groups—leisurely walk down the quay or around Brooke Park, & additionally more adventurous longer walks including the 2 bridges—The health benefits to walking include your mental wellbeing as well as physical

**Move to Music**
Get moving to your favourite tunes, gentle exercise technique for your wellbeing, wind down with some relaxation exercises.

**10 pin bowling**
Tuesday afternoons at Brunswick Superbowl—a fun activity that gets you up & taking part.

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**Take Notice**

**Mindfulness**
Take notice, observe, participate—Practice relaxation & breathing techniques facilitated by a qualified & experienced tutor
Benefits—stability of mind, positive outlook, self awareness, non-reactivity, helps with concentration & reduces stress

**DBT skills**
a year-long, skills based programme for people with Borderline Personality Disorder. Include Emotional Regulation, Interpersonal Effectiveness, Distress Tolerance and Mindfulness. Referrals are accepted from the PCLT for this service. Staff have completed the Knowledge and Understanding Framework (KUF) training which specifically looks at working with those with Personality Disorder.
There is currently a waiting list for this program.

**CBT skills**
Cognitive Behavioural Therapy (CBT) is a short-term programme of 1 to 1 sessions following an initial assessment—Solution focused treatment that helps identify unhelpful irrational thoughts and core beliefs. education on anxiety and depression. Paired muscle and breathing/relaxation techniques and gradual exposure to feared situations.