Inspiring opportunities

Western Community Wellbeing Service
Welcome

I would like to welcome you to our community wellbeing service at Anderson House.
I hope that you find the information in this leaflet beneficial and you find a programme that supports your wellbeing and recovery. We aim to offer a range of courses that we hope will help you to discover and realise your potential, focusing on the skills and strengths you have. Our aim is to empower you through creating opportunities and supporting you to take personal responsibility for your recovery.

People who have attended our service have commented on how the support they received had a positive impact on their life and wellbeing.

“I love coming here and doing activities you would never get a chance to try.”

Member of Western Area Community Wellbeing Service

Emma Weaver
Manager

Our Services

If you would like to get in touch about our service please contact

Western Community Wellbeing Service

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Anderson House
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Omagh
Co Tyrone BT78 1EE

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

/InspireWBGroup
Take Notice

Tuesday Thoughts
This positive wellbeing class includes workshops on a range of topics.
Self care, Five Ways to Wellbeing, WRAP support and Anxiety Management are some of the topics in explored in facilitated workshops.

Mindfulness
If you find yourself overthinking or have racing thoughts, then you can help manage these by learning techniques to use for your positive wellbeing.

Self-Esteem & Self-Care
This class can help you build and develop self-esteem to feel better about yourself. Here you can learn how to find your value and worth.

Managing Anxiety
Learn the difference between helpful and unhelpful worrying and gain problem solving skills in this group. You can learn ways not to allow worry to consume your life and thoughts.

Get Inspired...

Give
Helping, giving and sharing are associated with increased self-worth and positive feelings.

Be active
Exercise or physical activity can improve mood and make people feel better.

Connect
Building connections to support and enrich you every day.

Keep Learning
Learning can make you feel good about yourself.

Take Notice
Being aware of what is taking place in the present leads to a more positive state of mind.
Give

Lived Experience Opportunities
A chance for those who have experienced Mental Health difficulties to come together and share their experiences with Staff, other service users and members of our local community.

Guidance on Volunteer Services
Staff work in collaboration with volunteer agencies within the area to identify and create volunteering opportunities.

Work Experience
We offer valuable work placement experiences to university students in psychology, nursing and social care. We also work in partnership with The Prince’s Trust to facilitate work placements for young adults.

Keep Learning

WRAP Monthly Support Group
Wellness recovery action plan. A designed prevention wellness tool that we provide sessions on to promote recovery and wellness. WRAP will support you to discover your safe wellness tools, identify triggers, create a plan and gain support through the process.

Creative Recovery
This project is about recovery through the arts. We work in partnership with An Creagán and other organisations developing projects through the arts. Promoting positive wellbeing and developing new skills through being creative. We also run art classes in pencil art.
Connect

Wednesday Wellness
This group meets on a Wednesday morning. Programmes are regularly updated supporting recovery and the importance of connecting within the community. Fermanagh and Omagh District Council provide wellbeing activities during term time to this group.

Social Sessions
The group provides you with the opportunity to be with others and get involved in chat, current affairs and music. Share ideas with others, have a conversation and listen to music and discuss interesting topics. This group allows you to learn social skills in a supportive setting.

Men’s Group
In partnership with the men’s group we identify local places of interest to re-search and visit. This includes places of local history and heritage. We also access community outreach services to allow the members to become familiar with places that they may not otherwise avail of.

Be active

5 Steps to Wellbeing
This course guides you through the ‘5 Steps to Wellbeing’ and invites you to consider what they mean for you and what action and changes you would like to make in your own life.

Football
This class is carried out by a trained instructor. The class helps you to improve your mobility of joints and increases flexibility, relieves emotional stress, and improves your balance and fitness.

Walking for Health
Walking is a great form of exercise, helping both your mind and body. Our walking group allows you to get active and enjoy the outdoors exploring different locations. This is a chance to get a gentle bit of exercise and breathe in some fresh air.

Peer Led Gym Sessions
Join our keep fit class which is facilitated by a trained professional and improve your fitness without having to join the gym. This class is a great way to meet new people and socialise, all while keeping fit. By being physically active, you are making sure your joints and organs are kept in good working order.