for further information on Inspire Mental Health…

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North East Community Wellbeing Service

September-December 2017
Prospectus
About Our Service

North East Community Wellbeing Service provides support through a range of activities & group work mainly 9am—5pm Mon to Fri although sessions, outreach trips and other events outside these hours are also catered for.

The Service is not centre-based but uses local community, voluntary and/or leisure facilities in Ballycastle, Ballymoney & Coleraine.

A range of activities are on offer including 2 day WRAP, 6-8 week short courses, & longer term time college courses with a focus on learning new skills, promoting personal development & self-esteem, enhancing recovery, developing creativity, making connections/social supports and developing physical health and wellbeing.

The role of the North East service is to walk alongside members on their recovery journey offering support and learning that enables 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.

Watch out for other activities / events coming up:

Plans are underway for a photography group, to learn how to capture the perfect picture.

We are hoping to arrange community based one-to-one sessions in Ballycastle, which may be the gateway to gaining confidence in joining groups.

We are planning guest speaker sessions by people with lived experience in some of our recovery focussed groups.

There will be a World Mental Health day event on October 10th in Waterstones in Coleraine.

There will be co-production & co-facilitation training on offer, leading to people helping design & deliver future courses.

Please register interest in any of the above to be kept updated. Also see contact details on back of prospectus.
Personality Disorder Support Group

An additional service provided by Inspire Mental Health is a peer support Personality Disorder Group, the details are below.

The PD Support Group -
is for people with a personality disorder.
It is designed to have a self help,
self management and social function,
and to include input on topical issues of interest to members.
The Coleraine Group runs from
6.30 p.m. to 8.30 p.m.
Wednesday 18th Oct & 20th Dec
In the Clubroom at Coleraine Leisure Centre
Additional Groups are available in Antrim, Carrickfergus and Magherafelt. If you would like the dates for another venue please ask for the relevant leaflet.

Programme List:

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<td>Creative Writing</td>
<td>IT</td>
<td>Getting Crafty</td>
<td>Wellbeing Skills</td>
<td>Good Company</td>
<td>Monthly Cinema Club</td>
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* sessions in partnership with Coleraine CMHT
How to get involved for new members:

**WRAP**

**Coming soon to Ballycastle**

Wellness Recovery Action Plan

Begin the journey towards defining what your recovery means to you

Explore the key concepts of recovery and how they “fit” with you

Create your own personal WRAP.

Try it if you would like to ......

- Explore how you can take responsibility to manage your own recovery
- Gain the confidence to speak for yourself
- Learn from the recovery journeys of others

Please register your interest in this course & you will be contacted when dates/times are arranged
Involvement Access Course

Coming soon—register your interest to be updated

A co-produced course aimed at skills training that will provide opportunities for people to get involved within Inspire

Core Skills
- Communication and active listening
- Assertiveness
- Confidence Building
- Recognising Difficult Situations
- Safeguarding
- Complaints Procedure
- Self-Care

Involvement in quality assurance
- Quality Assurer
- Standards
- Self-Care Revisited
- Questions
- Recap: Top Tips
- Self-Care Discussion
- Conclusion

Learning Outcomes on Offer:

Enhancing Recovery & Wellbeing

Developing Creativity:
- Creative Writing
- Get Crafty
- 4 Magic Chords
- Guitar Tuition
- Anime group

Promoting Personal Development & Self Esteem
- Learn for Life
- Mindfulness & Recovery
- WRAP
- Engageability

Making Connections / Social Supports:
- Good Company
- Movie Club
- Engageability
- Gamer Group
- Friday Funday - Young People’s Group

Learning new skills
- IT skills
- Dance skills
- Guitar skills
- Mindfulness - relaxation skills
- Reflexology - wellness skills
- Creative Writing skills
- photography skills

Physical Health & Wellbeing
- Walking Groups
- Badminton
- Dance for Fun
- Healthy & Hearty
- Reflexology
- Sit & Keep Fit - chair exercise
Creative Writing

Monday Morning 10.30-12.30 in BCRC, The Acorn Centre

Everyone has a story to share.

Discover tips for writing prose and poetry.

Find inspiration in the work of others.

Discover your inner poet, story teller, author.

For all levels of creativity, whatever your interest

Try it if you……...

-Want to share a story or a personal experience.

-Would like to try your hand at poetry or writing lyrics.

-Have ideas you would like to put on paper.

Overall experience is spectacular within the creative writing group. Everyone is friendly and welcoming and polite and honest and trustworthy.

Sit & Get Fit—chair exercise group

Thursday 1.30-3.30 pm in Harpurs Hill Coleraine

Look after your wellbeing with some light exercises to get you moving

£1.00 concessionary charge per session—starting 21st Sept

Friday Fun Day -Young People’s Group

Friday’s 11am—1pm

Opportunity to connect with others

Develop friendships to support your wellbeing

Use music, media, movies and more to explore and develop your interests

Try it if you would like to…

Learn alongside others

Enjoy socialising in your local community—go bowling, go to the cinema, restaurants, walks etc
Monthly Cinema Club

First Thursday each month 10.30-12.30pm BCRC, Acorn Centre, Ballymoney—commencing Sept 2017

Monthly movie club, watch a movie chosen by the group.
Come along on the first Thursday each month. You can check in advance what’s showing so you can decide if it’s your type of film.

Bring some snacks & make a morning of it. Sit back & enjoy, review it afterwards. Chose what you would like to see next.

Gamers Club & Anime Group coming soon

Monday Morning Mindfulness

Monday Morning 10.am-12.in Solas House, Ballycastle

Start your week off with a Monday morning mindfulness session. Find out about the techniques that will allow you to relax & be present in the moment.

Try it if you would like to………

- Switch off from stresses of life
- Be able to practice relaxation at home
Learn for Life

Monday Afternoon 1-3pm in BCRC, Acorn Centre, Ballymoney.

This is a personal development programme with a focus on learning about healthy lifestyles and living positively. Increase your awareness on how to be assertive and learn how to advocate for yourself. Explore relevant scenarios in relation to personal development. & improve your self-awareness.

Try it if you would like to…….
- Develop better coping mechanisms
- Gain more self knowledge and understanding
- Appreciate a forum to discuss learning and lifestyle choices

I would gladly recommend this programme to family and friends.

Engageability

Thursday Afternoon 1.15-3.15

An 8 week self development programme exploring the following topics:
- Confidence building
- Learning our skills
- Team & group work
- Hobbies & interests v stress & pressure
- Attitudes & emotions
- Understanding & managing anxiety
- Self-advocacy
- Support systems & networking
- Change management
- Planning ahead
- Local opportunities for participation / involvement
- How to access / apply for self-development opportunities
- What to put on to CV’s / personal achievement records

Commencing Thursday 12th October in Ballymoney
Commencing January 2018 in Coleraine
4 Magic Chords

*Wednesday Afternoon 1.30-3.30pm West Bann Resource Centre, Coleraine*

*Friday Afternoon 1.30-3.30pm BCRC, Acorn, Ballymoney*

Understand how four simple chords on the guitar unlock all the songs you ever wanted to play.

Share the company of others learning basic guitar.

Express yourself through song and music.

**Try it if you …**

- Want to gain self confidence
- Bring your own guitar if you have one—we will have some spares
- Want to enjoy the company of other learners

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Walking Group

*Monday Afternoon leaving from Coleraine Resource centre at 2pm & walking along the River Bann*

Walk your way to improving your health, your mood, your fitness.

Take in the beauty of the surrounding area.

**Try this if you…..**

- Love the fresh air
- Fancy a group with like minded people
- Lack motivation to go for a walk on your own

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Commencing Friday Sept 1st in Ballymoney & Wednesday Sept 6th in Coleraine.
Recreational IT

**Tuesday morning 10.30-12.30 BCRC, Acorn Centre, Ballymoney**

Learn new skills using laptops & connecting to the world.

Whether it’s basic starting out skills, switching it on, creating documents, files etc to setting up email / social media accounts. How to access learning opportunities, read news articles, book a holiday etc. Look up and listen to your favourite music, see what’s going on in films, tv etc. It’s limitless, the choice is yours.

**Try it if you ……..**

- Want to connect with others using the internet.
- Want to store important files and documents on your computer.
- Want to write and store your own work.
- Would like to get creative in designing posters, cards, flyers, newsletters

Good Company

**Wednesday Afternoon 1.30-3.30 pm – Sheskburn Ballycastle**

**Thursday Afternoon 1.15-3.15pm BCRC, Acorn, Ballymoney**

**Friday 11am-1pm BCRC, Acorn, Ballymoney Member-led**

When you’re in good company you feel good. When you feel good you laugh, share, create, engage and inspire those around you.

Good company is a positive notion, it means you are with people, who will work with you on good things.

**Try it if you would like to…**

- Spend time with like minded people.
- Be accepted for who you are and learn from others experience.
- Have open honest discussion on topics chosen by group members.
- Learn from guest speakers on interesting & beneficial life skills themes

Commencing Wed Sept 6th in Ballycastle—
Thursday Sept 6th—11th Oct in Ballymoney—
Friday Sept 1st in Ballymoney—peer group
Wellbeing Skills

**Wednesday Morning 10.30-12.30 – Sheskburn, Ballycastle**

Learn about the benefits of complementary therapy. Discover how these work as an aid to relaxation. Develop a technique to use to promote your personal wellbeing.

Reflexology Treatment

**Wednesday Afternoon 1.30-3.30 pm – Sheskburn, Ballycastle**

Individual session by a certified therapist

£5 concessionary charge

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Everybody Dance Now

**Tuesday morning 10.30-12.30 Harpur’s Hill, Coleraine**

Learn new dance skills, while becoming a little bit fitter & making friends. All levels of ability welcome.

It’s fun, you’re guaranteed a laugh, & you will leave each session looking forward to the next

Try it if you ……..

Want to have fun and do some exercise at the same time.

No rhythm needed, you can just express your individuality.
Get Crafty

**Tuesday 1.30-3.30pm BCRC, Acorn Centre, Ballymoney**

Use a range of craft media to promote your creativity.
Be involved in group work or individual tasks to find a way of expressing yourself through craft work.
Develop a range of skills to take on craft projects at home.
Crafts include: card making, jewellery making, silk painting, ideas from Pinterest & YouTube, sketching, painting, upcycling, needlecrafts, knitting, crocheting,
Or work on your own, bring your chosen medium with you, maybe you like to create pieces on your laptop or tablet

**Arts & Crafts**

**Tuesday Afternoon 2-4pm in Resources Centre, Coleraine**

Arts & crafts for fun, recreation & social connections.
Run in partnership with Coleraine CMHT

Health & Wellbeing

**Tuesday mornings—for short sessions throughout the term**

Choose a group activity that enables you to stay active.
Stroll or stride, take in some fresh air and have company along the way.
Badminton requires control, strength, mind play, measured movement—it is also a great way to de-stress, chill out and have some fun.
Explore different hearty and healthy recipes.
Prepare healthy and tasty foods.
Share ideas with others
Influence positive lifestyle decisions for everyone

Please register your interest in theses sessions & you will be contacted as they are arranged