

What our customers have said about our training sessions...

"I felt very comfortable and liked how non-judgmental everybody was"

"Being involved has helped me regain some sense of living, rather than just existing."

"I've made some friends and I've found myself a new relationship."

Ways For Wellbeing Training 2020

Self-Management techniques, Self Resilience and Peer Support delivered via ZOOM



Somerset Mental Wellbeing Service is a collaboration of:



for further information about the Somerset Mental Wellbeing Service, please either call us on **01823 255917** or find us on the internet at www.smws.org.uk

FREE 2.5hr sessions per week for 10 weeks to build confidence and empower you with your mental wellbeing.

delivered by...



Ways To Wellbeing Training.

Ways To Wellbeing training is delivered by Chardwatch C.I.C. on behalf of the Somerset Mental Wellbeing Service. This service and the training provided supports people with **low — moderate mental health conditions**. Our workshops are suitable for you if you are able to work in a group setting and wish to find your own potential and resources to support your wellbeing. Our workshops are Free.

Due to the current Covid-19 pandemic, our Ways To Wellbeing training workshops are currently having to be delivered on-line via zoom during the afternoon between **2pm and 4.30pm** as follows...

Monday 24th Aug.	Introductions / zoom familiarisation / group code of conduct / taster activities / <i>some</i> home activities.
31st Aug.	Bank holiday – no training.
7th Sept. – 5th Oct.	6 sessions of self management sessions,
12th Oct. onwards	4 Sessions of Peer Support—details to be confirmed.

If you'd like more information regarding the training content, please contact Chardwatch C.I.C. on **07506 238540**.









Call us on **01823 255917** or email us at info@smws.org.uk if you're interested in joining our workshop sessions.

Please note:

Prior to attending any of our workshops, if you aren't one of our existing customers, you will be checked for suitability for our workshops, this will take place via a brief assessment.

What our training can offer you and what you can expect...

Our training is based over 10 weeks, each session lasting for 2.5 hours once per week. Each session is delivered by two facilitators (or tutors) and a support worker, our facilitators will be available for half an hour before and after each session to support you with any questions or concerns you may have. From our workshops you can expect to:

-  develop your confidence and empower you to take responsibility for your own wellbeing,
-  develop your personal self awareness and provide you with access to support and resources available as well as embedding skills that will lead to your improved independence,
-  learn about concept of inner blue sky and the benefits of tuning in and listening to a sense of wellbeing and resilience within,
-  reduce your feelings of isolation, elevate your mood,
-  find opportunities for you to work towards accessing, returning to or commencing work by developing skills to help you do this,
-  create relationships with your peers and gain understanding of how peers can provide you with ongoing support to maintain your wellbeing,
-  learn how peer groups are a safe environment where people can have open and frank discussions about difficulties in life without fear of being judged,
-  work together to find out about your local community resources.