

LIVING LIFE WELL PROGRAMME- 2019

OPEN ACCESS COURSES

The Living Life Well Programme runs taught courses called **STRESS CONTROL, ACTIVATE YOUR LIFE, INTRODUCTION TO MINDFULNESS** and **5 WAYS TO WELLBEING**. Taught courses are delivered in a lecture style (not a group therapy); as such they contain no discussion of personal problems. This allows people who feel uncomfortable talking in front of others to attend without any concerns; however you are more than welcome to speak to the facilitators of the course either during the break or at the end of the sessions if you have any questions.

WORKSHOPS

For those who would prefer a smaller more interactive Workshop. We run Workshops such as **ANXIETY, LOW MOOD** and **ASSERTIVENESS**. We ask people book onto these workshops by contacting us on the details provided below. The workshops will encourage participation, however this is voluntary and some people will feel more confident than others at speaking.

ADDITIONAL INFORMATION:

When and where? We have a rolling programme of courses and workshops throughout 2019 in *Neath, Port Talbot, and Swansea*; we offer morning, afternoon and evening courses.

Who can attend? We all have mental health, just as we all have physical health - so anyone and everyone is welcome to attend to help enhance their psychological wellbeing. People come to the courses and workshops for a range of reasons; whether they identify as having an issue with their mood personally, they want to support a friend or loved one, or even that they simply want to learn more about the way their mind works and how to improve their general wellbeing.

How do I join?

Courses: Are Open Access, anyone can turn up on the day, no need to book.

Courses Available: ACTivate your Life, Stress control, Introduction to Mindfulness and 5 ways to wellbeing

Workshops: Are smaller more interactive Courses that require an email or phone call to confirm a place.

Workshops Available: Anxiety, Low Mood and Assertiveness

Please note: Past April 2019 the LLW will not be delivering sessions in the Bridgend area. Please contact Valley Steps 01443 803048/ info@valleysteps.org / <http://www.valleysteps.org> for information after this time

If a copy of our dates and venue information is not attached to this sheet or you have any questions or queries please feel free to contact:

The ABMU Living Life Well Programme: email: living.lifewell@wales.nhs.uk or phone/text: 07967612246

We look forward to seeing you soon.

All information is accurate to the best of our knowledge at the time of producing this information pack (14/11/2018)

Open Access Courses

STRESS CONTROL

Stress Control was created by Dr Jim White and is the most commonly used stress management course within the NHS and is run across the world. It helps people to understand how stress and associated problems such as low mood, anxiety, panic and sleep affect them. The aim of the course is to help turn you into your own therapist; you are the expert on you, but the course is here to guide you in improving your understanding and management of stress.

The course is based on *Cognitive Behavioural Therapy* which looks at the connection between thoughts, feelings, bodily sensations and behaviours to help people discover what may be maintaining their stress and learn ways to manage it more effectively. The course is run weekly over six sessions for approximately 90 minutes with a break halfway through the session.

The six sessions:

Session 1: What is stress? The first steps

Session 2: Controlling your body

Session 3: Controlling your thoughts

Session 4: Controlling your actions

Session 5: Controlling panic feelings and medication

Session 6: Controlling your sleep, wellbeing and controlling your future

STRESS CONTROL 2019			
LOCATION	VENUE	DATES	TIME
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Thursday 3 rd January Session 2: Thursday 10 th January Session 3: Thursday 17 th January Session 4: Thursday 24 th January Session 5: Thursday 31 st January Session 6: Thursday 7 th February	Morning 10:00- 11:30
Bridgend	Bridgend YMCA Angel Street Bridgend CF31 4AD	Session 1: Tuesday 22 nd January Session 2: Tuesday 29 th January Session 3: Tuesday 5 th February Session 4: Tuesday 12 th February Session 5: Tuesday 19 th February Session 6: Tuesday 26 th February	Afternoon 13:00- 14:30

Stress Control

Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Monday 4 th March Session 2: Monday 11 th March Session 3: Monday 18 th March Session 4: Monday 25 th March Session 5: Monday 1 st April Session 6: Monday 8 th April	Afternoon 14:00- 15:30
Neath	Tonna Hospital Pant-y-Coed cafe Tonna Neath SA11 3LX <i>Room: Cafe</i>	Session 1: Thursday 4 th April Session 2: Thursday 11 th April Session 3: Thursday 18 th April Session 4: Thursday 25 th April Session 5: Thursday 2 nd May Session 6: Thursday 9 th May	Morning 9.30- 11:00
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Thursday 16 th May Session 2: Thursday 23 rd May Session 3: Thursday 30 th May Session 4: Thursday 6 th June Session 5: Thursday 13 th June Session 6: Thursday 20 th June	Evening 17:30- 19:00
Neath	Tonna Hospital Pant-y-Coed cafe Tonna Neath SA11 3LX <i>Room: Cafe</i>	Session 1: Monday 10 th June Session 2: Monday 17 th June Session 3: Monday 24 th June Session 4: Monday 1 st July Session 5: Monday 8 th July Session 6: Monday 15 th July	Evening 17:30- 19:00
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Friday 16 th August Session 2: Friday 23 rd August Session 3: Friday 30 th August Session 4: Friday 6 th September Session 5: Friday 13 th September Session 6: Friday 20 th September	Morning 10:00- 11:30
Port Talbot	St Paul's Centre Gerald Street Port Talbot SA12 6DQ	Session 1: Monday 9 th September Session 2: Monday 16 th September Session 3: Monday 23 rd September Session 4: Monday 30 th September Session 5: Monday 7 th October Session 6: Monday 14 th October	Morning 10:00- 11:30
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Thursday 14 th November Session 2: Thursday 21 st November Session 3: Thursday 28 th November Session 4: Thursday 5 th December Session 5: Thursday 12 th December Session 6: Thursday 19 th December	Afternoon 14:00- 15:30

ACTIVATE YOUR LIFE

ACTivate Your Life was devised by Professor Neil Frude and the course will help teach people how to have a better life, a life with less suffering and greater freedom to do the things that matter to them. The aim of the course is to help you understand why your struggles to overcome your problems may have been making things worse; it will help you to do things differently and to make life better for yourself. You will learn a lot about how your mind works and you'll discover that your mind often works against you, but you can stop your mind spoiling things for you by learning how to take more control.

The course is based on *Acceptance and Commitment Therapy* which teaches people how to reduce their suffering and how to lead a richer, more fulfilling life by *accepting* the things they cannot control and making a *commitment* to do the things that they really care about. The course is run weekly over four sessions for approximately 2 hours with a break halfway through the session.

The four sessions:

Session 1: ACT 1- You are not your mind

Session 2: ACT 2- Facing up to your life

Session 3: ACT 3- Being mindful

Session 4: ACT 4- Living wisely, living well

ACTIVATE YOUR LIFE 2019			
LOCATION	VENUE	DATES	TIME
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Tuesday 8 th January Session 2: Tuesday 15 th January Session 3: Tuesday 22 nd January Session 4: Tuesday 29 th January	Afternoon 14:00- 16:00
Neath	Neath College D block Dwr Y Felin Road Neath SA10 7RF <i>Room: Main Hall</i>	Session 1: Monday 4 th February Session 2: Monday 11 th February Session 3: Monday 18 th February Session 4: Monday 25 th February	Evening 17:30- 19:30
Bridgend	Bridgend YMCA Angel Street Bridgend CF31 4AD <i>Room: Main Hall</i>	Session 1: Tuesday 5 th March Session 2: Tuesday 12 th March Session 3: Tuesday 19 th March Session 4: Tuesday 26 th March	Afternoon 13:00- 15:00
Port Talbot	St Paul's Centre Gerald Street Port Talbot SA12 6DQ <i>Room: Main Hall</i>	Session 1: Friday 5 th April Session 2: Friday 12 th April Session 3: Friday 26 th April Session 4: Friday 3 rd May	Morning 10:00- 12:00

Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Thursday 27 th June Session 2: Thursday 4 th July Session 3: Thursday 11 th July Session 4: Thursday 18 th July	Afternoon 14:00- 16:00
Pontardawe	Trebanos Community Centre Swansea Road Pontardawe SA8 4BN <i>Room: Hall</i>	Session 1: Monday 5 th August Session 2: Monday 12 th August Session 3: Monday 19 th August Session 4: Monday 2 nd September	Afternoon 14:00- 16:00
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Thursday 22 nd August Session 2: Thursday 29 th August Session 3: Thursday 5 th September Session 4: Thursday 12 th September	Afternoon 14:00- 16:00
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Thursday 17 th October Session 2: Thursday 24 th October Session 3: Thursday 31 st October Session 4: Thursday 7 th November	Evening 17:30- 19:30
Port Talbot	St Paul's Centre Gerald Street Port Talbot SA12 6DQ	Session 1: Monday 11 th November Session 2: Monday 18 th November Session 3: Monday 25 th November Session 4: Monday 2 nd December	Afternoon 14:00- 16:00

INTRODUCTION TO MINDFULNESS

Introduction to Mindfulness is a 3-week open-access course 2 hours per session, introducing what mindfulness is and some Mindfulness techniques and take home exercises. By learning to be mindful, this introduction course allows you to become more mindful and apply these skills to everyday. It is about being aware of the mind and what it gets up to without needing to interfere or intervene.

LOCATION	VENUE	DATE	TIME
Bridgend	ARC centre Quarella Road Bridgend CF31 1JN	Session 1: Friday 8 th March Session 2: Friday 15 th March Session 3: Friday 22 nd March	Afternoon 14.00- 16.00

Introduction to Mindfulness



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	<i>Room: Group Room</i>		
Port Talbot	Port Talbot Resource Primary Care Resource Centre Moor Road Port Talbot SA12 7BJ <i>Room: Education Suite</i>	Session 1: Tuesday 7 th May Session 2: Tuesday 14 th May Session 3: Tuesday 21 st May	Afternoon 14.00-16.00
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Tuesday 11 th June Session 2: Tuesday 18 th June Session 3: Tuesday 25 th June	Afternoon 14:00- 16:00
Neath	Tonna Hospital Pant –Y-Coed Cafe Tonna Uchaf Neath SA11 3LX <i>Room: Canteen</i>	Session 1: Tuesday 6 th August Session 2: Tuesday 13 th August Session 3: Tuesday 20 th August	Evening 17:30- 19:30
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Session 1: Friday 1 st November Session 2: Friday 8 th November Session 3: Friday 15 th November	Morning 10:00- 12:00

5 WAYS TO WELLBEING WORKSHOP

The 5 Ways to Wellbeing explores evidence-based actions which promote wellbeing and discusses how we can incorporate such actions into our daily lives. The stand-alone session is 90 minutes long with more of an interactive element.

LOCATION	VENUE	DATE	TIME
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Friday 1 st February	Morning 10:00- 11:30

5 Ways to Wellbeing



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Neath	Tonna Resource Centre Tonna Uchaf Neath SA11 3LX <i>Room: Day Room</i>	Tuesday 30 th April	Afternoon 14:00- 15:30
Port Talbot	Primary Care Resource Centre Moor Road Port Talbot SA12 7BJ <i>Room: Education Suite</i>	Tuesday 28 th May	Morning 10:00- 11:30
Swansea	Swansea YMCA 1 The Kingsway Swansea SA1 5JQ <i>Room: Theatre</i>	Thursday 25 th July	Afternoon 14:00- 15:30
Pontardawe	Pontardawe Primary Care Centre Alloy Industrial Estate Swansea SA8 4JU <i>Room: Group Room</i>	Friday 27 th September	Afternoon 14:00- 15:30
Port Talbot	Primary Care Resource Centre Moor Road Port Talbot SA12 7BJ <i>Room: Education Suite</i>	Tuesday 3 rd December	Afternoon 14:00- 15:30

The 5 WAYS in Action

These sessions are held outside and follow the topics covered in the '5 ways workshop'. This workshop is an ideal chance to apply the 5 ways to wellbeing in a gentle, interactive and practical way.

LOCATION	VENUE	DATE	TIME
Neath	Gnoll Park Gnoll Estate Fairyland Neath SA11 3BS *See attached details	Friday 5 th July	Morning 10.00-12.00

Swansea	Clyne Garden Mill Lane Swansea SA3 5BD *See attached details	Thursday 1 st August	Afternoon 14:00- 16:00
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'5 Ways to Wellbeing' in action

What is it?: Our '*5 Ways to Wellbeing*' workshop explores evidence based actions which promote wellbeing and through discussion we can share ideas to incorporate such actions into our daily lives. We will try and integrate these areas through a moderate walk, discussion and informal exercises, including mindfulness. A time to potentially Connect, Take notice, Exercise, Learn and Give!

Meeting:

Gnoll: We will meet outside the café under the sheltered area— near the benches facing the lake. There is pay and display at the park, or free parking on the road as you come into the park.

Clyne: We will meet outside the Woodman Pub near the entrance. Please note traffic coming into mumbles can be tricky, so please leave plenty of time. There is pay and display on the right and some limited free parking to the left of the carpark.

Accessibility: The walk may include a stepped section, and some gradual incline and declines. The walk is gentle-moderate, and we will be stopping and taking breaks on route. We will ask you to sign a brief form regarding your health & liability before the walk starts.

What to bring: Please wear comfortable clothes to walk in and dress for the weather.

Booking: Please book via text or email below and we will send you some reading on the 5 ways to wellbeing via living.lifewell@wales.nhs.uk.

Workshops

Workshops are smaller more interactive session that require you to book on via a phone call or email.

ASSERTIVENESS (1 day) This 2 hour session covers different types of communication including how assertive communication differs from passive and aggressive communication. The workshop aims to provide you with skills and techniques to communicate in a more confident yet respectful way.			
Location	Venue	Dates	Time
Swansea	Central Clinic (3rd Floor) Orchard Street Swansea SA1 5AT	Thursday 14 th February	Afternoon 14:00- 16:00
Swansea	Central Clinic (3rd Floor) Orchard Street Swansea SA1 5AT	Friday 29 th March	Morning 10:00- 12:00
Port Talbot	Port Talbot Resource Centre Moor Road Baglan SA12 7BJ	Monday 15 th April	Afternoon 14:00- 16:00
Neath	Tonna Resource Centre (Day Room) Tonna Uchaf SA11 3LX	Tuesday 4 th June	Afternoon 14:00- 16:00
Swansea	Central Clinic (3rd Floor) Orchard Street Swansea SA1 5AT	Thursday 15 th August	Afternoon 14:00- 16:00
Swansea	Central Clinic (3rd Floor) Orchard Street Swansea SA1 5AT	Thursday 26 th September	Morning 10:00- 12:00
Neath	Tonna Resource Centre (Day Room) Tonna Uchaf SA11 3LX	Tuesday 10 th December	Evening 17:00- 19:00



LOW MOOD (4 Weeks)

This interactive workshop examines factors affecting and maintaining low mood, and aims to teach you how you can implement positive thinking and behaviour into day-to-day life.

Location	Venue	Dates	Time
Bridgend	ARC Quarella Road, Bridgend CF31 1JN	Session 1: Friday 4 th January Session 2: Friday 11 th January Session 3: Friday 18 th January Session 4: Friday 25 th January	Afternoon 14.00-16.00
Neath	Neath Hwb Dyfed Road Surgery Neath SA11 3AW	Session 1: Thursday 7 th March Session 2: Thursday 14 th March Session 3: Thursday 21 st March Session 4: Thursday 28 th March	Afternoon 14:00- 16:00
Swansea	Central Clinic (3 rd Floor) Orchard Street Swansea SA1 5AT	Session 1: Tuesday 2 nd July Session 2: Tuesday 9 th July Session 3: Tuesday 16 th July Session 4: Tuesday 23 rd July	Afternoon 14:00-16:00
Port Talbot	Port Talbot Resource Centre Moor Road Baglan SA12 7BJ	Session 1: Tuesday 3 rd September Session 2: Tuesday 10 th September Session 3: Tuesday 17 th September Session 4: Tuesday 24 th September	Afternoon 14:00- 16:00

ANXIETY (4 weeks)




This 4 week course examines different factors of anxiety, from our body's reactions to anxiety to how anxiety is maintained. The course aims to provide you with skills and techniques to help overcome the difficulties associated with anxiety.





Location	Venue	Dates	Time
Neath	Neath Hwb Dyfed Road Surgery Neath SA11 3AW	Session 1: Monday 7 th January Session 2: Monday 14 th January Session 3: Monday 21 st January Session 4: Monday 28 th January	Evening 17:00- 19:00
Swansea	Central Clinic (3 rd Floor) Orchard Street Swansea SA1 5AT	Session 1: Thursday 10 th January Session 2: Thursday 17 th January Session 3: Thursday 24 th January Session 4: Thursday 31 st January	Afternoon 14.00-16.00

Anxiety workshops

Neath	Tonna Resource Centre (Day Room) Tonna Uchaf SA11 3LX	Session 1: Friday 8 th February Session 2: Friday 15 th February Session 3: Friday 22 nd February Session 4: Friday 1 st March	Afternoon 14:00-16:00
Bridgend	ARC Quarella Road, Bridgend CF31 1JN	Session 1: Thursday 21 st February Session 2: Thursday 28 th February Session 3: Thursday 7 th March Session 4: Thursday 14 th March	Morning 10.00-12.00
Port Talbot	Port Talbot Resource Centre Moor Road Baglan SA12 7BJ	Session 1: Tuesday 2 nd April Session 2: Tuesday 9 th April Session 3: Tuesday 16 th April Session 4: Tuesday 23 rd April	Afternoon 14:00-16:00
Swansea	Central Clinic (3rd Floor) Orchard Street Swansea SA1 5AT	Session 1: Friday 3 rd May Session 2: Friday 10 th May Session 3: Friday 17 th May Session 4: Friday 24 th May	Morning 10:00- 12:00
Pontardawe	Pontardawe Primary Care Centre Alloy Industrial Estate Swansea SA8 4JU	Session 1: Monday 13 th May Session 2: Monday 20 th May Session 3: Monday 3 rd June Session 4: Monday 10 th June	Afternoon 14:00- 16:00
Swansea	Central Clinic (3rd Floor) Orchard Street Swansea SA1 5AT	Session 1: Friday 11 th October Session 2: Friday 18 th October Session 3: Friday 25 th October Session 4: Friday 1 st November	Afternoon 14:00- 16:00
Swansea	Central Clinic (3rd Floor) Orchard Street Swansea SA1 5AT	Session 1: Thursday 18 th April Session 2: Thursday 25 th April Session 3: Thursday 2 nd May Session 4: Thursday 9 th May	Morning 10:00 – 12:00
Neath	Tonna Resource Centre (Day Room) Tonna Uchaf SA11 3LX	Session 1: Friday 19 th July Session 2: Friday 26 th July Session 3: Friday 2 nd August Session 4: Friday 9 th August	Morning 10:00 – 12:00
Swansea	Central Clinic (3rd Floor) Orchard Street Swansea SA1 5AT	Session 1: Monday 5 th August Session 2: Monday 12 th August Session 3: Monday 19 th August Session 4: Monday 26 th August	Morning 10:00 – 12:00

2019 VENUES


<p>Swansea YMCA 1 The Kingsway Swansea SA1 5JQ</p> <p>Room: Theatre The theatre is located on the first floor- please go to main reception and they will direct you.</p>	<p>Swansea YMCA is situated in Swansea city centre near the bus station and Tesco.</p> <p>Nearest car parking: there are car parks located on Newton street & Northampton lane, as well as a multi-storey NCP car park on the Kingsway.</p>	
<p>Central Clinic 21 Orchard Street 3rd Floor Swansea SA1 5AT</p> <p>Room: As you arrive, on your left there is a reception, notify them and they will ask one of the team to direct you to the room.</p>	<p>Central Clinic is located on Orchard street, walking distance from Castle Gardens, opposite Orchard Café.</p> <p>Nearest Parking: NCP parking is located just next door to the building.</p>	
<p>Neath Port Talbot Group of Colleges Dwr-y-Felin Road Neath SA10 7RF</p> <p>Room: Conference room The main hall is located in the hall linked to the D block (yellow/red frontal). You can access the main hall via the main reception, towards the toilets, or if you park behind the D Block there is a side entrance to the main hall.</p>	<p>Neath College is situated in Neath Abbey</p> <p>Nearest car parking: there is some parking behind the D block for visitors. Please do not park by the B block (near Lilliput nursery), as they close at 6pm.</p>	

<p>Tonna Resource Centre & Hospital Tonna Uchaf, Tonna, Neath SA11 3LX</p> <p>Room: there is a main reception in the entrances of the main brick house.</p>	<p>Tonna Hospital is located on the outskirts of Tonna.</p> <p>Nearest car parking: there is limited onsite parking round the side and back of the main building.</p>	
<p>Neath Hwb Dyfed Road Surgery Neath SA11 3AW</p> <p>Room: At the back of the Dyfed Road surgery is a small building. In this building along and half way along the corridor.</p>	<p>The Hwb is situated at the back of the Dyfed Road Surgery.</p> <p>Nearest Car Parking: there is a multi- storey car park near the surgery. Please check opening, and closing times as it is unsuitable for evening courses, as well as any charges which may apply.</p>	
<p>Port Talbot Resource centre Moor Rd, Port Talbot SA12 7BJ</p> <p>Room: There is a main reception as you walk into the main entrance of the resources centre, they will guide you to the room.</p>	<p>Port Talbot resource centre is located on the outskirts of port Talbot, next to Morrisons supermarket.</p> <p>Nearest parking: there is limited onsite parking</p>	
<p>St Paul's Centre Gerald Street Port Talbot SA12 6DQ</p> <p>Room: There is a small reception and café as you walk in. The main hall is behind this. Please ask staff to direct you.</p>	<p>St Pauls community centre is located in Sandfields estate, 5 minutes from the town centre</p> <p>Nearest parking: there is some parking in the residential streets surrounding the centre</p>	



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<p>Pontardawe Primary Care Centre Alloy Industrial Estate Swansea SA8 4JU</p> <p>Room: The group room is upstairs, using lift or staircase. Turn right out of the lift</p>	<p>The health centre is located to the back of the town centre.</p> <p>Nearest parking: there is some parking in the health centre itself and time limited parking in the Tesco's 5 minutes away</p>	
<p>Trebanos Community Centre Swansea Road Pontardawe SA8 4BN</p> <p>Room: You enter the building into the main hall, where the courses will take place.</p>	<p>The community centre is located 100m away from the Texaco petrol station, next to the Colliers pub. It is set back slight from the rest of the houses in the area and is fronted by black, metal fencing.</p> <p>Nearest Parking: there is limited parking in the area, however it is possible to park on curbsides. We ask you be considerate of residents in the area, and traffic passing through.</p>	