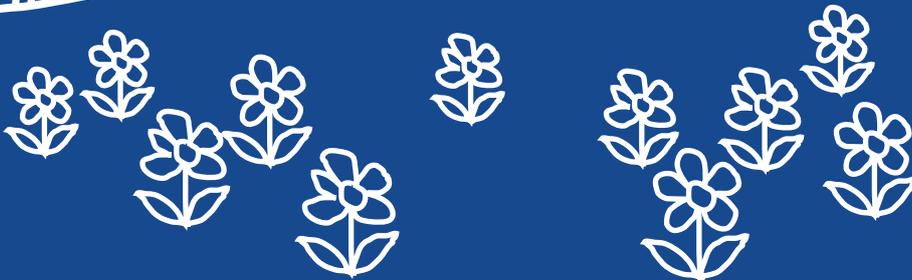


# New Forest Wellbeing Service

Local support service for better mental health



Solent

## 5 KEY CONCEPTS OF WELLBEING



1. Connect.
2. Take notice.
3. Be active.
4. Keep learning.
5. Give to others.



We aim to provide high quality mental health services and promote the rights and well being of the diverse communities of people affected by mental health problems.

## About us

At the New Forest Wellbeing Service we have a mixture of Educational, Recovery focused and Recreational groups that run from various locations across the New Forest. We also offer an initial confidential one-to-one appointments which will give you the opportunity to discuss your specific goals and what you hope to achieve by accessing support from the wellbeing service. Our aim is to support you to gain a greater sense of control, understanding and choice regarding your mental wellbeing. We do this by providing supportive educational, recovery focused groups in which you can learn new skills and be amongst others that have a shared understanding of what it is like to experience mental health issues.

Wellbeing is about feeling good on the inside and on the outside. It is something we all have and sometimes we need a bit of help to put us back on track. Everyone has their own way of dealing with the day to day pressures that life brings, whether that is baking, reading or playing sport. Each person is different, and that is what makes our Wellbeing Service so special. Our Wellbeing Centres are very friendly and welcoming with an informal atmosphere.



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### WE DO NOT PROVIDE THE FOLLOWING:

- Psychological therapies.
- Counselling.
- Crisis service.

### ELIGIBILITY CRITERIA

- You must live in the New Forest (including Totton and the Waterside).
- Be aged 18 and over.
- Have experienced or currently be experiencing mental health issues.

### WHAT NEXT?

Once we have received your referral you will be contacted by a member of the team who will arrange an appointment to meet with you. A recovery star will be completed during this appointment and you will have the opportunity to discuss which of our groups best suits your needs.

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Please Note: Groups and workshops may change to reflect identified needs



# Foundation groups



## Start of the Week Group

Varied programme of activities: debates, crafts, book reviews, weekly topics.

### Aims of the group

- Build confidence & self esteem.
- Increase social interaction.
- Friendly & welcoming.



## Peer Led Groups

Peer groups are facilitated and supported by service users that have a keen interest in supporting others by giving up their time to provide various group opportunities that compliment the Wellbeing service. All peer support volunteers have undergone training with Solent Mind and where necessary are DBS checked.

### Aims of the group

- Build confidence & self esteem.
- Increase social interaction.
- Peer support.
- Access community venues.
- Maintain wellness.



## Weekend Service

Offering an informal drop-in service at our centres in Hythe and New Milton.

### Aims of the service

- Decrease social isolation.
- Offer a warm, safe non judgmental environment.
- Ongoing support with issues of social isolation.
- Increase levels of self esteem and confidence.

### Weekend service activities on offer include

- Topical debates.
- Word wheel.
- Picture quiz.
- Creative activities.
- Trips out.
- Pub lunches.

All activities are chosen by group membership  
(a charge maybe made for certain activities and outings)



## Active groups

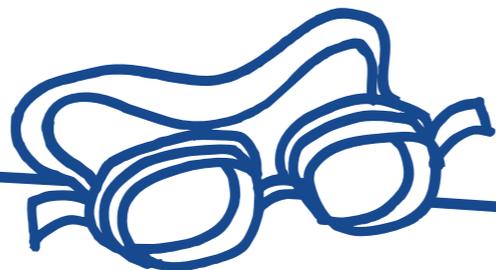
In addition to the activity groups we run in our Wellbeing Centres we also work in partnerships with local authority leisure centres who offer a variety of other activities with concessions available for those in receipt of benefits.

## Swimming Groups

Our swimming groups meet in our local council leisure centres. They are a great form of all round exercise. It's ideal if you want to be more active whatever your age.

### Aims of group

- To be familiar with local amenities.
- To become more active and stay healthy.
- To gain both confidence in the water and socially.



## Walking Groups

Walking can improve your health, your happiness and, if you join our group, it will give you the chance to explore the outdoors, get to know your local area and meet new people.

### Aims of the group

- Increase social interaction.
- Improve physical and mental health.
- Connect with local area.

### Sessions

- Each session is led by fully trained walk leader.
- Each walk will last for approximately 1 hour.
- Various routes in the locality.

very much enjoy  
the walks, very helpful,  
walking helps with fitness  
love it all; love the variety of  
routes, nice to have a group  
of people walking and  
finish with coffee

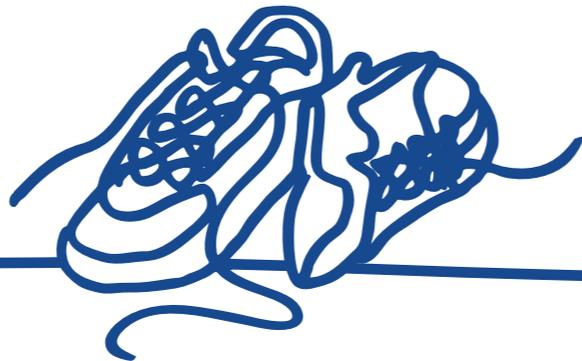


## Running Group

Running can seem like a daunting prospect. We use the NHS choices Couch to 5k programme to get you up and running, all abilities welcome at the group, it is a social running group and we all support each other.

### Aims of group

- To increase social interaction.
- Reduce the risk of physical illness related to a lack of exercise.
- Improve mental wellbeing.
- Have fun.



## Mindfulness

It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Some people call this awareness 'mindfulness', and you can take steps to develop it in your own life.

### Aims of the group

- To understand how mindfulness can help improve your mental wellbeing.
- To support you to learn mindfulness techniques and exercises.

### Sessions

The Mindfulness sessions are facilitated by an outside trainer with lots of experience in supporting you to understand and develop your mindfulness skills.

I loved this group and got so much from it. It was presented so well and easy to understand.



## Relaxation

Relaxation can help to reduce stress and anxiety and improve your mental wellbeing, helping you to cope with the challenges of everyday life.

### How relaxation helps

- Reduces tiredness – if you can manage everyday life without excessive tension.
- Improves performance – your performance in work, sport or music can be raised through self awareness and control of tension.
- Reduces pain – pain can occur as a result of tension e.g. headaches and backache. Relaxation can help you to cope by raising your pain threshold and reducing the amount of pain.
- Coping with stress – relaxation helps you to reduce the effects of stress and to breathe effectively.
- Improves sleep – by allowing you to be calm and peaceful.
- Improves self-confidence – by increasing your self-awareness and ability to cope with daily life.
- Improves personal relationships – it is easier to relate well to other people when you are relaxed and self-confident.



## Creative groups



## Creative Writing Course

Creative Writing course is suitable for anyone - people who have some writing experience as well as those who are new to writing, but are interested in where it might lead them. In a weekly, relaxed and friendly two hour group, it aims to provide an inspiring and enjoyable experience which enables any writer to explore their imagination and create good, interesting pieces of writing.

- No need for perfect spelling, grammar or handwriting.
- Personal satisfaction and achievement.
- Involvement in further creative writing courses.
- Increased confidence.
- Opportunity for 'self expression' through writing.
- Meet new people.

Aside from being very good in helping with the creative writing it was nice to be able to interact with service users in a safe place

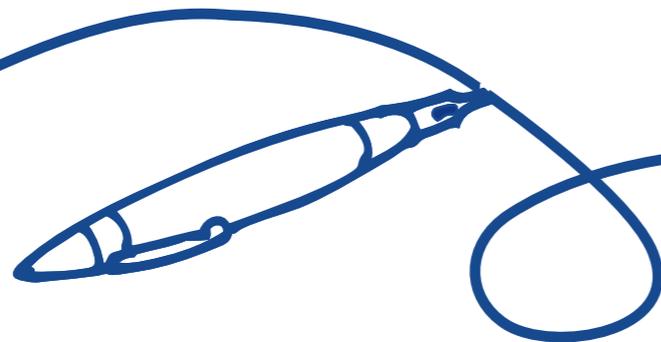
## Music and Singing Groups

These friendly groups which require no prior music or singing experience. Come and discover your voice.

### Aims of the group

- Peer support.
- Decrease social isolation.
- Open up your communication with others.
- Improve confidence and self esteem.

A Good group with friendly staff where I felt welcomed. A nice place to meet new people and build my own confidence being in a group.



## Art Course

This course is designed for people of all abilities who have an interest in developing their creative skills. With a mix of teaching and practical work you have the opportunity to discover your creative side.

### Aims of the course

- Develop practical skills in art.
- Improves confidence and social integration.
- Discover art as a mindful activity.
- Supports access to local groups and adult educational services.
- Supports access to local peer led groups.

Within the sessions we will cover the following themes:

- Using art as a wellbeing tool.
- Drawing Still Life. Understanding light and tone.
- Drawing media such as pencils, pastels and charcoal.
- Understanding colour.
- Painting with acrylics.
- Perspective drawing and landscape painting.

I really enjoyed the art course and found it invaluable for building confidence in application.



## Digital Photography Course

This course is designed for people of all abilities who have an interest in photography. Each session has a teaching element followed by an opportunity to apply these practically.

### Aims of the course

- Develop theoretical and practical skills in digital photography.
- Improves confidence and social integration.
- Discover photography as a mindful activity.
- Supports access to local groups and adult educational services.
- Supports access to peer led groups.

Within the sessions we will cover the following themes:

- Digital cameras explained/downloading images.
- How to take better images.
- Camera functions.
- Studio lighting.
- Landscape/nature/night photography.
- Image editing.

I think it was helpful that we looked at the essential photographic principles. Taking photos outdoors was extremely enjoyable



# Educational groups



## Healthy Lifestyles Course

### Aims of the course

- To gain an understanding of what we mean by healthy lifestyles choices.
- To gain insight into the relationship between our physical health and our mental well being.
- To empower us with the necessary knowledge and skills required to follow a healthy lifestyle.
- To offer the opportunity of peer support at the end of each session.

### Within the sessions we will cover the following themes:

- Introduction to Healthy Lifestyles Group, Entry questionnaire, benefits of a Healthy lifestyle change, the Eatwell Plate.
- Portion Control, fats & Sugars.
- Cook & Eat.
- Takeaways, Caffeine.
- Cook & Eat (healthy takeaways.)
- Emotional Eating, barriers to change, behavioural changes.
- Getting Active.
- Sleep, Recap over the previous sessions, Plans for the future, Questionnaire.

Very good cooking sessions. Learnt new ideas for healthy meals.



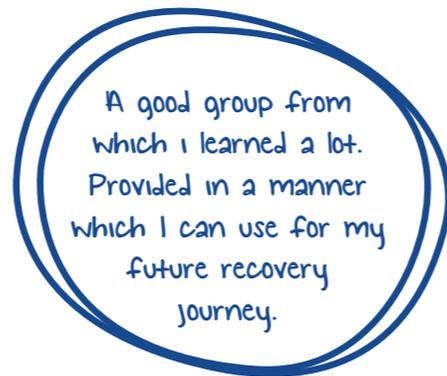
# Anxiety Management Course

## Aims of the course

- To gain an understanding of anxiety and depression
- To gain an insight into the affects of anxiety and depression on our emotions, physical wellbeing, thoughts and our behaviour.
- To explore strategies on how to manage depression and anxiety.

Within the sessions we will cover the following themes:

- Definition of depression and anxiety, wellbeing continuum.
- Physical symptoms, fight, flight, faint and freeze.
- Strategies to help alleviate physical symptoms, exercise, relaxation, behavioural activation.
- Unhelpful thinking styles and also different types of worry.
- Thought challenging, worry management.
- Behaviour, avoidance & escape, comfort zone, walking the walk (facing your fears).
- Emotions, 5 areas.



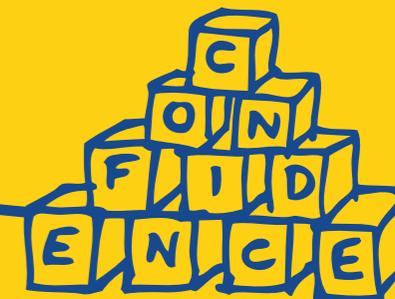
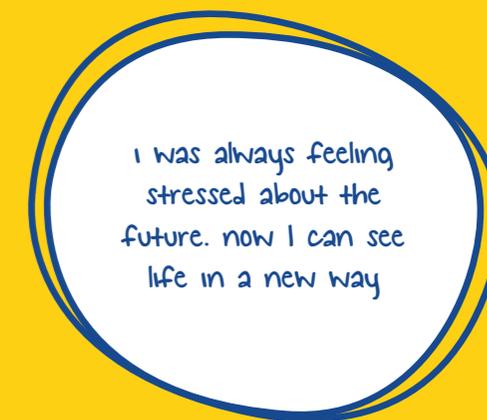
# Confidence Course

## Aims of the course

- Increasing self-confidence.
- Improve low self-esteem.
- Improve assertiveness.
- Improve positive thinking.
- Improve positive self-talk.
- Improve confidence in communicating with others.
- Gain more life skills & support recovery.

## Sessions

During the sessions you will have the opportunity to learn new skills and educate yourself around key concepts of building confidence.



# Wellness Recovery Action Plan (WRAP)

## Aims of the course

To help you to stay as well as possible.

- To help have a greater awareness of difficult experiences and develop action plans. to help cope when things are not going so well.
- To enable you to have some control even at the most difficult times.
- To help you to build on existing ways of coping.

## Key concepts of WRAP

Hope, support, education, self advocacy, personal responsibility.

Within the sessions we will cover the following themes:

- Introduction, key concepts.
- Self-Advocacy, Developing & Keeping a Strong Support.
- Wellness toolbox,
- Daily maintenance, what am I like when I am well?
- Triggers, Early warning signs, When things start to break down.
- Crisis plan.
- Post Crisis.
- Recap/consolidation.

Wonderful group  
presented in a very good  
way, enjoyable and not  
condescending in  
any way.

# WRAP Revisited

Wrap revisited is for those who have already completed their WRAP course but feel they would like to consolidate skills learnt there. This group meets on a monthly basis for 2 hours.

## Aims of the GROUP

- Access peer support.
- Continuing support to write your wrap.
- Adapt and change and update your wrap.
- Educate yourself on topics that will help support wellness.
- Opportunity to share knowledge and skills with others.

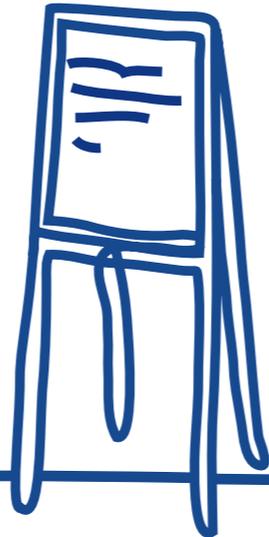


# Workshops

We have a variety of workshops which run periodically between longer courses and consist of one or two sessions.

## Examples of workshops

- Worry Management.
- How to activate yourself.
- Changing habits.
- Artfulness.
- Cook and eat.
- Boundaries.
- Sound Bath.



Please Note: Groups and workshops may change to reflect identified needs



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For more information on timetables please go to our website or call us on the following numbers.

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