

# Portsmouth Wellbeing Centre



Helping you to learn  
new skills and look  
after yourself



Solent

# Welcome to the Portsmouth Wellbeing Centre

We provide a friendly, welcoming space where people can share their experiences, support one another and learn techniques to improve their wellbeing. The Centre is run by Solent Mind, the local mental health charity, as part of the Portsmouth Support and Recovery Service. Many of our activities are run by people who have experienced mental health issues themselves.

## How we can help

If you are aged 18 or over, live in Portsmouth, and have a mental health issue, we can help:

- We can give you advice and information.
- We can support you as an individual or invite you to group activities where you can share advice with people who've been there too.
- We can tell you about other organisations who can help.
- We can give you opportunities to share your skills and experience, helping other people with mental health issues.



## Get in touch

You can arrange to meet us:



023 9282 4795



[PSRwellbeingcentre@solentmind.org.uk](mailto:PSRwellbeingcentre@solentmind.org.uk)

or come and see us:

Portsmouth Wellbeing Centre,  
100 Palmerston Rd,  
Southsea, P04 5PT

If you are already receiving help for a wellbeing issue through the Community Mental Health Team, you can ask your mental health professional to refer you to the Wellbeing Centre.



# Contact us

Portsmouth Wellbeing Centre,  
100 Palmerston Rd, Southsea, PO5 3PT

 023 9282 4795

 PSRwellbeingcentre@solentmind.org.uk

Portsmouth Wellbeing Centre is part of Solent Mind's Portsmouth Support and Recovery Service, a unique working partnership with Solent NHS Trust, helping people using the Adult Mental Health Service in Portsmouth to receive both clinical and recovery-led support.

Find out more at [www.solentmind.org.uk](http://www.solentmind.org.uk)

Follow us on

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In partnership with



Registered Office: Solent Mind, 15-16 The Avenue, Southampton, SO17 1XF  
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# Group activities

Portsmouth Wellbeing Centre

## Learn new skills

### Anxiety and Stress Workshop

Become more aware of your emotions and learn techniques to help manage anxiety and stress.

### Mindfulness Workshop

Learn mindfulness techniques in a supportive environment and share experiences.

### Employment Group

Find out more about CVs, job applications and employment tips.

### Life Skills Workshop (The Decider)

Learn 12 life skills to help you improve your wellbeing and manage day to day emotions.

### Food and Mood

Learn about how food can affect how you're feeling.

### EIP Group (Early Intervention in Psychosis – direct referral from Adult Mental Health Teams only)

Learn more about strategies to help you cope with psychosis.

### Assertiveness Workshop

Find ways to express yourself and have your views heard.



## Express yourself

### Art Therapy

Explore your creative side at our art workshop.

### Movement Therapy

Learn relaxation techniques and find your inner calm.

### Makeup Therapy

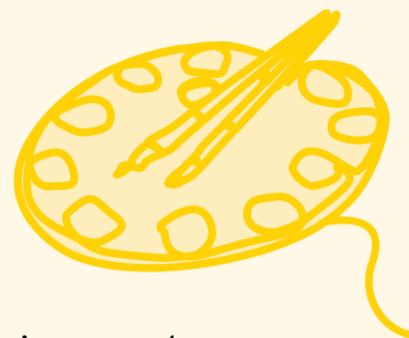
Improve your makeup skills and feel good about yourself at our makeup workshop.

### Art and Wellbeing Journal Creation

Get creative at our art and journal workshop.

### Social Inclusion Group (Café Nut and Tea tray Café)

Come and have tea or coffee and chat with a friendly group of people with lived experience of mental health problems.



## Look after yourself

### Health, Mind and Body Workshop

Learn more about your physical body and get tips to boost your wellbeing.

### Walking and Dog Walking Groups

Get out and about in our walking group, or bring your dog along to our dog walking group.

### Yoga

Improve your posture, breathing, awareness and relaxation in our mindful yoga group. Suitable for all levels of ability.

### Multi-Sports Group

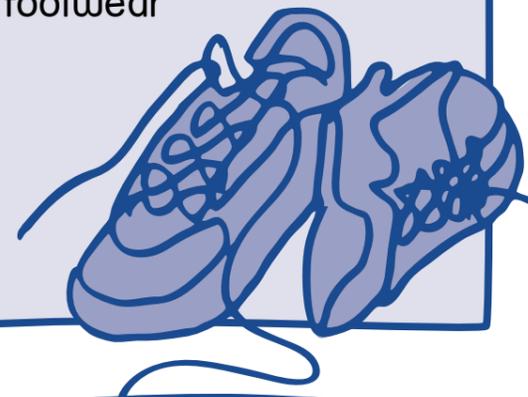
Come for a run around for one hour and improve your fitness and team-working skills. All abilities welcome.

### Allotment Group (Stamshaw Allotments)

Come along to our friendly and supportive allotment group. Don't forget suitable footwear and clothing.

### Football Group (Charles Dickens Centre)

Join us for an hour's kick-about and improve your football skills.



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💻 Visit [www.solentmind.org.uk](http://www.solentmind.org.uk) for our latest Portsmouth Wellbeing Centre activities calendar.

 **mind**  
for better mental health

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