

# BAY CLUSTER WELLBEING PROJECT



4 different organisations have come together to offer services to people living in the Bay Cluster area to help you improve your health and wellbeing.

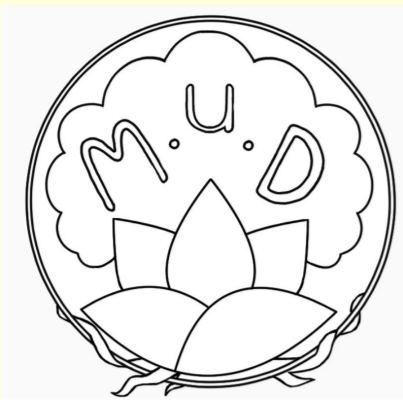


***The projects have been funded by the Bay Cluster.***

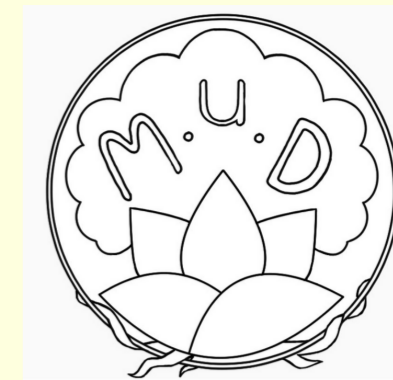
**To be eligible for support through this project you need to be registered to one of the following GP practices:**

- Gower Medical Practice
- Kings Road Surgery
- Sketty and Killay Medical Centre
- St Thomas and West Cross Surgery
- The Grove Medical Centre
- Mumbles Medical Practice
- University Health Centre
- Uplands and Mumbles Surgery





# Mindfulness in Nature/ Forest-bathing Minds Under Development



**Natural mindfulness is the purposeful paying attention of our senses; observing the natural environment. This involves being present and aware of sounds, smells, tastes, textures, bodily sensations and noticing emerging feelings.**

**According to research being in nature and practicing mindfulness can**



- reduce stress hormone production
- promote health and happiness
- free up creativity
- lower heart rate and blood pressure
- boost the immune systems
- accelerate recovery from illness
- improve sleep



During the six-week programme, we will help you to develop natural mindfulness skills that can be used in everyday life. The programme might include activities such as practicing being mindful, meditations, mindful walking in nature, eating and drinking mindfully and journaling.

## Details of Programme 1:

**Venue base:** Ty Blodau building, situated in Botanical Gardens, Singleton Park.

**Facilities:** toilets, indoor seating. On-road parking often available near the Gower Road (Sketty) entrance to Singleton Park.

## Equipment:

We will supply mats to use for the sessions. Please wear clothing and footwear appropriate to the weather.

## Accessibility:

Please contact us to discuss. Walking is slow and purposeful with rest breaks. There might be some gentle hills, muddy pathways and a need to safely move around trees. All activity is low impact.



"Being in nature can restore our mood give us back our energy and vitality, refresh and rejuvenate us. We know this deep in our bones"  
**DR Qing Li, Into the Forest: How trees can help you find health and happiness (2018)**

# Wellness

## How to Book on!

To book on please email:

[swansea.mud@outlook.com](mailto:swansea.mud@outlook.com)



# Wake Your Wellness - 4 Week Programme

A 4 week guide to improve your focus and wellbeing. Help to de-stress, improve your tolerance to difficult situations and behaviours. A simple but effective programme designed to help you without turning your life and routine upside down

## Week 1 - Mindset

What is mindset? How can we shift it to more positive? Use your mindset to improve circumstances and get more out of life rather than just go through the motions.



## Week 2 - Breathe and Meditation

Learn breathing techniques and basic meditation to deal with stress, anxiety and pain. Feel alive, energised and happy with practices that can be done at home in 5 minutes. Learn how to sleep and wake better.

## Week 3 - Nutrition

Ever wondered why you eat healthy and dont lose weight or cant shift that belly fat? Why you struggle to focus after a meal and why you are picking up annoying illnesses. A quick easy guide to what food does and why.



## Week 4 - Mental Health and Resilience

Guidance and support showing you how to become more resilient and improve your mental health . This will be delivered by a qualified and experienced wellbeing coach. Some simple steps and exercises will be given for the week, and ongoing support will be provided to help with getting the maximum out of the programme.

*Wellness*

### How to Book on!

To book on please email:  
[admin@sofitgroup.co.uk](mailto:admin@sofitgroup.co.uk)



For further information please email  
[admin@sofitgroup.co.uk](mailto:admin@sofitgroup.co.uk)



# Swansea Wellbeing Centre CIC

## Wellbeing in the Community



### WOMEN ONLY INNATE RESILIENCE SUPPORT GROUP - starting Monday 16th January @ 11.30-1pm



This group will support women experiencing anxiety, depression and stress in particular. It will be a women only group to create a safe therapeutic space and will be ideal for women who feel comfortable in a women only space.

We will be exploring a simple and profound understanding of how our mental health really 'works, and how it is possible to feel better, and lighter about life, right here, right now! Your resilience is actually built-in, but it can get covered over by the thoughts and feelings that we all take too seriously. This is a precious step-by-step process, a journey. This journey brings us 'home' to our innate resilience - and uncovers the joy, creativity, peace, trust and wisdom that have been within us all along.

**Please contact Alex at [3principles@gmail.com](mailto:3principles@gmail.com) or text 07972 246204**

### BEREAVEMENT Cafe - starting Tuesday morning 6th Dec @ 11am-12.30pm, weekly sessions

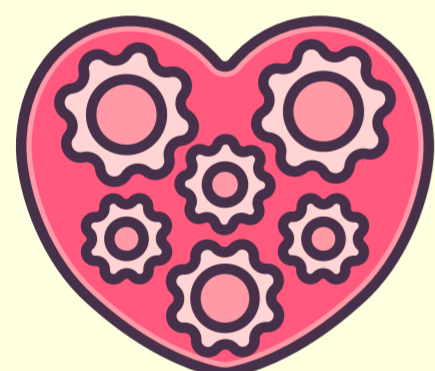
Our bereavement cafe is open for anyone who has lost a loved one to come together to share your experience, receive warmth and guidance in a safe and supportive environment. Experiencing grief can be a lonely and isolating experience together we can discover connection and find our way forwards

This group is suitable for anyone who has suffered the death of a loved one, whether that loved one be a child, a young person, parent, sibling, a close relative, friend, neighbour, or work colleague. All welcome .

**Please contact Helen at [helen.lewissmithcounselling@gmail.com](mailto:helen.lewissmithcounselling@gmail.com) or text 07720 054404**



### COPING SKILLS GROUP - starting Thursday 8th December @ 5.00pm-6.15pm - Coping at Christmas - Session 1



A Coping Skills session to explore how to manage the increased pressure at Christmas, sharing ways to make things easier this season. Our mental health should always be a priority, explore ways to reduce overwhelm and find balance .

A weekly group teaching and practicing a mixture of acceptance and change coping strategies. These include Mindfulness, Controlling Emotions, Managing Distress, and Assertiveness Skills.

**All welcome. Please contact Dave on [dave.trick@outlook.com](mailto:dave.trick@outlook.com) or text 07456 943515 or drop in**

### STUDENT EMOTIONAL & WELLBEING SUPPORT GROUP

#### Monday 5th December @ 5.30pm-6-30pm

Christmas resilience session with snacks and refreshments

From January weekly Resilience support group, sharing and coping techniques.

Lunchtime and evening sessions.

**Please contact Anthea at [antheajones9@gmail.com](mailto:antheajones9@gmail.com) or text 07912 611852**




### STUDENT YOGA AND RELAXATION - Christmas taster session 5th December @ 4.30-5.30pm, continuing weekly from January 16

A physical practice, that will work on strength, stability and mobility with an emphasis on connecting body and mind.

Booking essential.

**Please contact Emma, text to book 07825 269256 and via [FB@yoga.emma.1](https://www.facebook.com/yoga.emma.1) [IN@yogastepswithemma](https://www.instagram.com/yogastepswithemma)**

Wellness



Supporting individuals to live well and change their story

# Wellbeing Programme Swansea Bay

Mental health and wellbeing matters  
We have workshops running to help you

- Join a 6 week course of Anxiety Workshops to help learn and implement coping strategies for day to day life.
- Wellbeing Workshops are taking place as one off events, focussing on wellbeing and taking care of yourself.

Wellbeing Workshops

Taking care  
of ourselves

Anxiety Workshops

Coping  
with everyday  
life

Easy access

Be referred by  
your GP or  
Support Worker

Support for service users  
to gain wellbeing  
and manage anxiety

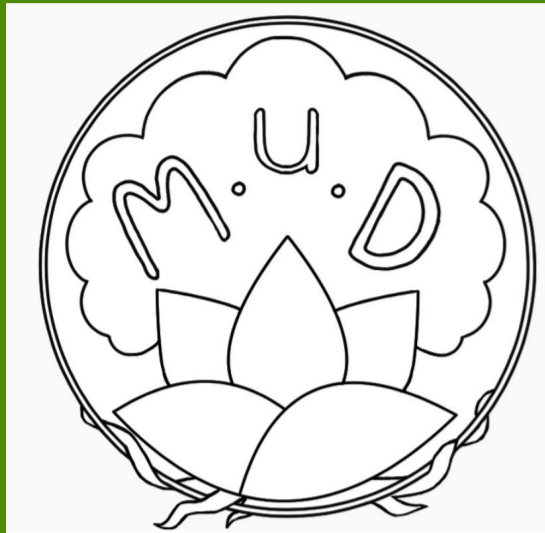
To find out more, please speak to your GP or support worker or you can self-refer by emailing [training.services@hafancymru.co.uk](mailto:training.services@hafancymru.co.uk)

Optional to attend  
face to face  
or virtual workshops

**INFO:**  
THREE ANXIETY COURSES OF 6 WEEKS AVAILABLE - TWO FACE TO FACE IN SWANSEA, ONE WILL BE VIRTUAL  
FIVE WELLBEING SESSIONS AVAILABLE AS ONE OFF ATTENDANCE  
THREE FACE TO FACE, TWO VIRTUAL

[www.hafancymru.co.uk](http://www.hafancymru.co.uk)  
[training.services@hafancymru.co.uk](mailto:training.services@hafancymru.co.uk)

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