

Mindful

Autumn
2018

One Step at a Time

My name is Danielle Humphreys, for many years I have experienced long standing enduring mental health difficulties namely severe social anxiety, PTSD and depressive disorder. I had very poor self-esteem and strongly believed that I was not good at anything (despite being a talented florist).

Over the years I have really struggled, with no support. My recovery journey began about 3 years ago when I went on a 12 week self-esteem course. I found it extremely difficult and the biggest achievement was being in the room with other people. I was then referred to the Flintshire Community Living team, this referral totally changed my life.

I was appointed a support worker who did exposure techniques with me and built up my confidence, she introduced me to Flintshire wellbeing brochure and together we looked at which courses I'd like to go on. The first one I attended was 'dealing with difficult situations' run by Unllias. I went on this without my support worker and was struck by debilitating anxiety, I wasn't even

able to introduce myself and had zero confidence.

The people facilitating the course were really kind and supportive and made me feel more comfortable and I managed to stay the day even with a small contribution at the end. There were some leaflets there about the 'speaking out' project I didn't know what it entailed but I filled it in.

From the wellbeing brochure I also went on a 3 week confidence course with the SAFE project. SAFE was something very special to me and I attended various courses which helped increase my confidence and assertiveness. I went on to become a volunteer for SAFE.

So where am I now? Well, I don't see the psychiatrist anymore as I am doing well. I am part of the Unllias 'Speaking Out' service and carer involvement project and through this I attend the regular project meeting. I am also part of the MINDFUL editorial group. Last November I did an intensive Train the Trainer course and now I co-facilitate with Unllias. I facilitate my own flower workshop in the wellbeing brochure and other



mental health organisations within Flintshire.

Once a week I demonstrate flower arranging or encaustic art at the craft consortium. I also volunteer regularly at the local animal rescue.

I used to be scared of everyone and everything, but I'm not now. I still experience anxiety every day but I no longer let it limit me anymore.

It maybe difficult to try new things but it's worth setting measurable goals to give things a go. Don't set too high expectations of yourself, and take one step at a time to reach your goals.

article by *Danielle Humphreys*

Could You Reduce Your Water Bill?



Contact us today to find out about the range of tariffs we offer which could help reduce your water bill. These include:

HelpU

Our HelpU scheme will cap your water and sewerage bill at £197.37 and is available to customers where the total household income is £15,000 a year or less.

WaterSure Wales

Our WaterSure Wales scheme is available to our customers who have a water meter fitted. It helps households on a low income with either a large family or a family member with a certain medical condition. Your annual charges will be capped at £319.95.

Water Direct

Our Water Direct scheme takes away the hassle of paying your bills. It allows those customers who receive certain benefits and are currently in arrears to pay directly through their benefits. If you sign up we will even reduce your bill by £25!

Customer Assistance Fund

If you have arrears with us, our Customer Assistance Fund could help. This scheme not only helps you pay your ongoing current charges, but helps you pay off your arrears at the same time. If you commit to a payment plan for 6 months we will pay off half of your arrears, if you then pay for a further 6 months we will pay off the remaining balance of your arrears.

Contact us now and you could soon start benefitting from the help we can give you.

Call

0800 0520145, Opening hour 8am -8pm (Monday – Friday) and 8.30am – 1.30pm on Saturday.

Email

water.enquiries@dwrcymru.com

Online

dwrcymru.com/money

If your organisation seeks and implements ways to maximise income, provides financial assistance or gives practical support and advice to clients, please contact us to become a trusted partner and receive our free training or awareness session. To find out more please contact Tracey.jones@dwrcymru.com

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WELSH CONVERSATION GROUP

Meet every Wednesday at 12.30pm
at Deeside Enterprise Centre
Rowley's Drive
Shotton



Everyone Welcome

First Session
5th September
to
Final Session
19th December

Next Steps Volunteering Course

“Going out and volunteering sounds simple, but many people don’t volunteer because they don’t know where to start”. It was this simple sentence that formed the idea for the Next Steps Volunteering Course. Next Steps found that many people wanted to volunteer, but didn’t know where they could volunteer, if they could volunteer, or if they had the skills and confidence.

There are many benefits to volunteering, including making a difference to the lives of others, increasing confidence and self esteem, gaining new

skills, knowledge and experience and meeting new people and making new friends.

The accredited course looks at all this, and more, over a 6 week period. The course looks at what a voluntary organisation is, your skills and interests and which volunteering role would suit you. It also gives you the tools to look after your own health and wellbeing whilst volunteering, with sessions on Dealing with Difficult Situations, Wellness Tools and Communication. The course also includes a visit to FLVC (Flintshire Local Voluntary Centre) in Corlan, Mold, to meet the team and find out more about the wide variety of volunteering roles available.

The course is now in its 4th run, with all 8 set to complete the course in August. 17 people

have completed the course, with 9 people going on to volunteer, 1 returning to college to study for their A-Levels and, 3 people going on to paid work. One volunteer has said “I gained back my confidence and have been able to become a volunteer. My overall experience volunteering has been excellent. I have renewed my skills and I enjoy supporting people, teaching them new skills and it’s nice when you see them smile”



Drop In to Flint!

Hi, I’m Pat and every Friday you’ll find me at the Flint Drop-in. I did not go out for almost 2 years and felt isolated, but now I cannot wait for Fridays to come around.

The Drop-in is a social hub where I feel I belong, it is my time to unwind and join the rest of the gang, everyone is very welcoming and it’s just a great place to be yourself.

There are many activities on offer such as table tennis, bowls, scrabble, bingo, board games and painting. There really is something for everyone, including those less mobile such as myself.

Of course, should you prefer, you can just drop in for a chat.

Refreshments are provided, such as tea, coffee, cakes, toast and crumpets and often someone is playing a guitar in the background which is very relaxing.

Please do come and try the Drop-in at Flint. You will be made to feel welcome by staff, volunteers and service users alike and Did I mention the cake?!



Theatr Clwyd Opportunities

As part of Flintshire's plan to encourage Partnership working with third sector organisations, Communities and existing resources I went along to a meeting with Annie Dayson who is Theatr Clwyds Arts and Wellbeing Manager. She made the group feel very welcome and we each gave an overview of the service we provided. It was clear to see that Annie felt strong about creating a good working relationship and came up with a number of options for us to tap into. I came away from the meeting feeling that we were going to help provide lots of new opportunities for the people we support. It was agreed that a few of us would meet again and be introduced to other members of her team who could help with

some of the activities we had discussed.

I passed on contact details to both Next Steps and Social Links and both teams made arrangements to meet up. Next Steps are very excited to be working in partnership with Theatr Clwyd for volunteering opportunities. Theatr Clwyd are currently re-developing their volunteering programme and are hopeful that this should be available in the autumn. We are looking forward to being able to offer the people we work with unique volunteering opportunities to gain experience and new skills both front of house and backstage. Social Links are now organising a bi-monthly gathering at the theatre to see a stage production or a film. They are organising a back stage tour so that the group have the exciting opportunity to see what happens behind the scenes

and also to meet some cast members.

The theatre group has become increasingly popular and is a brilliant way for people to try something new, rekindle a hobby and socialise while meeting new people.

They are now planning to book their Christmas night out at the Pantomime on Thursday 13th December. The tickets to see Dick Whittington are £21 each, if anyone would like to come along please contact Laura at Social Links for more information on

01244 810185.



article by
Jocqueline Vaughn-Thomas

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Growing Places Open Day 2018



A fantastic time
was had by all!

North Wales Suicide and Self –Harm Prevention Strategic Plan

Each year in Wales between 300 and 350 people die from suicide – this is about three times the number of people killed in road accidents. In 2015 the Welsh Government published a document called Talk to Me 2 which sets out strategic aims and objectives to reduce and prevent suicide and self-harm in Wales over the period 2015-2020.

The 6 objectives are set out as follows:

1. To further improve awareness, knowledge and understanding of suicide and self -harm amongst the public, individuals who frequently come into contact with people at risk of suicide and self -harm and professionals in North wales.
2. To deliver appropriate responses to personal crises, early intervention and management of suicide and self- harm.
3. To provide information and support for those bereaved or affected by suicide and self-harm.
4. To support the media in responsible reporting and portrayal of suicide and self –harm.
5. To reduce access to the means of suicide.
6. To continue to promote and support learning, information and monitoring systems and research to improve understanding of suicide and self-harm in North Wales and guide action.



In response to these objectives, an action plan has been developed by a sub group of the North Wales and Powys Suicide and Self Harm Prevention Group. This is a multi-agency working group made up of representatives from the NHS, Local Authorities, Police, Network Rail, HM Coroner and Third sector organisations. Feedback from the Strategy Launch which was held on 21st February 2018 was given consideration and incorporated into the delivery plan.

The sub-group has been meeting regularly to put actions in place to meet the objectives. The aim is for further sub-groups to be established for each Objective, which can then feed in to the health board's LITs (Local Implementation Teams). The Chair, Dr Gwenllian Parry, will be arranging separate meetings outside the main meeting to discuss progress made by each sub-group from September this year.

Each Objective has multiple tasks involved but here as an example is an overview of the work being undertaken for Objective 1. The Objective is "To Develop a training framework for the training of professionals and individuals who come into contact with people at risk of suicide and self -harm including the general public". The sub-group have agreed that this should include the use of Recovery Education Programmes (such as the Flintshire Learning for Recovery and Wellbeing Programme) being developed throughout North Wales, to deliver training to carers or anyone affected by mental health issues. Other partners should be involved, such as schools, universities and other educational establishments. Generally there should be a focus on better information being made available for the general public on Suicide and Self-Harm. Also the aim is to promote Health and Social Care employees awareness and improve their knowledge of where to go for emotional support within their own workplace.

A copy of the Action Plan is available at www.nhs.uk or Search for North Wales Suicide and Self-Harm Strategic Plan.



KIM INSPIRE

Mental Health Support to Women.
Contact: **01352 872189**
www.kim-inspire.org.uk
KIM4HIM men-only service



C.A.L.L

Community Advice and Listening Line
Free and confidential mental health
help line covering the whole of Wales.
Contact: **0800132737**
www.callhelpline.org.uk



Advocacy Service North East Wales

Provides an independent, confidential
and free advocacy service for people
experiencing mental health problems
living in Flintshire and Wrexham.
Contact: **01352 759332**
www.asnew.org.uk



Hafal

Hafal supports the carers of people with
a serious mental illness and also pro-
vides more intensive support to carers
and families at times of crisis.

Contact:

Karen Jones or Janet Fletcher
01244 834923
www.hafal.org



CAB (Citizens' Advice Bureau)

Provides free, confidential advice
and information on social welfare
and law.

08444 772020
www.flintshirecab.org.uk

Flintshire NEW Mind

Information and support for mental
wellbeing

Contact: **01352974430**
enquiries@newmind.org.uk
www.newmind.org.uk

Speaking Out Flintshire

Contact: **01745 827903**
www.unllais.co.uk

Round the Clock Support
116123 From any phone

www.Dewis.Cymru
Cael dewis a chymryd rheolaeth



www.Dewis.Wales
Have choice and take control

The Dewis Cymru website is THE place to go
if you want information or advice about your
well-being – or want to know how you can help
somebody else. www.dewis.wales

Drop-in information

MONDAY

Hope Church Hall

1:30pm to 3:30pm

TUESDAY

Mold, Chapel Art Centre, Tyddyn Street

10:30am to 12:30pm

WEDNESDAY

Rivertown United Reformed Church
Chester Road West, Shotton

10:30am to 12:30pm

**New
times**

FRIDAY

St Mary's Church Hall, Flint.

10:30am to 12:30pm

SATURDAY

C.A.B Offices in Connah's Quay

10:30am to 12:30pm

Mold Mind Drop-in at Wellbeing Centre,
23b Chester Street Mold

1:00pm to 4:00pm

All Welcome

Community Mental Health Teams (CMHT)
Primary Care Tiers 1 & 2

Mold and Flintshire: Pwll-Glas: **01352 750252**

Deeside: Aston House: **01244 834921**

Mindful Newsletter is available on request
please contact:

Double Click Design on **01244 846411**
email: doubleclick.design@yahoo.com

