Flintshire Learning for Recovery & Wellbeing

Let’s get started!

Programme

2019
Jan - April
These activities/courses are free to attend for people who live in Flintshire and are affected by Mental Health issues.

Learning and connecting with others are important factors in achieving and maintaining wellbeing in our lives. All of the activities and courses listed in this brochure are designed to help you improve your wellbeing whilst meeting new friends, developing confidence and learning new skills. The activities are provided by “Flintshire Learning Partnership”, made up of Advocacy Services North East Wales, Flintshire County Council, NEW MIND, KIM Inspire, Unllais and Flintshire Local Volunteer Council. My Name is Karen Griffith and I am the Training Support Worker. Feel free to contact me on the numbers below or email. I will be happy to talk through your options, book a course/activity, or organise support to help you attend.

Find out more ...

Tel: 01244 831056
Mob or Text: 07776452471
Email: karen.griffith@flintshire.gov.uk
Contents

4 Introduction to Mindfulness Course
5 Mindfulness & Tai-chi
6 Art Session / Decorating Vases
7 Discover Sophrology
8 Art Journaling
9 Woodwork Session
10 Computer Session
11 Woodwork Advanced
12 Researching your Family Tree
13 Theatr Clwyd Workshops
14 Come and Cook
15 Project Celt
16 5 Ingredients Cooking
16 Easter Cupcakes / Understanding PD
18 Stepping up to Volunteering
19 SAFE (Self Advocacy For Empowerment)
26 North East Wales MIND Courses
32 Unllais Courses
35 KIM - Knowledge, Inspiration, Motivation
40 Open Access Groups
42 Drop-in Information
43 Coleg Cambria
Introduction to Mindfulness course

Are you living with pain, illness or stress? Or would you just like to know more about Mindfulness?
Often we go through our lives on automatic pilot. Rarely do we have time to stop, take stock and pay attention to what is going on around us. Mindfulness helps us to see clearly what is going on in our lives and gives us tools to allow and accept things as they are, to become the observer of our thoughts and take back some control. Regardless of the circumstances we find ourselves in, we can learn to respond to them in a more calm and creative manner. We can step away from our habitual responses that can be unhelpful, and find new ways of responding to the inevitable ups and downs of life.
Find out more about what mindfulness is and what are its benefits. Take part in short practices, discussions and experience mindfulness through Tai Chi Movements for Well-being each week. More Information about mindfulness and resources that are available on-line will be provided as well as weekly information sheets.

Date: Wed Jan 16th, 23rd, 30th & Feb 6th, 13th, 20th
Time: 9.30am - 11am
Venue: St Ethelwold’s Church Hall Shotton

This course is provided by FCC Mental Health Support Services
Mindfulness and Tai-Chi

This course is designed to follow on from the introduction to the Mindfulness course. It is a condensed version of the Mindfulness-Based Stress Reduction Course (MBSR). This is a group programme that focuses upon the progressive acquisition of mindful awareness, of mindfulness. It was designed for those experiencing some degree of pain in their lives, in whatever form.

The course involves weekly group meetings, homework, and instruction in three formal techniques: sitting practice, body scanning and simple mindfulness movements in the form of Tai Chi Movements for Well-being.

Body scanning is the first formal mindfulness technique taught, and entails quietly lying on one’s back and focusing one’s attention on various regions of the body, starting with the toes and moving up slowly to the top of the head.

The sitting practice is done by following the guidance of the instructor or at home using a CD. The mindful movements practiced in the weekly meetings can also be practiced at home. This course is ideally for those who have completed the introduction to mindfulness course and are interested in learning to develop their skills in mindfulness, or those who are new to mindfulness and committed to attending the full six week course. A course workbook will be provided for all those who attend.

For the last half hour of the course we will be doing 15 minutes sit down Tai-chi and 15 minutes stand up Tai-chi.

Date: Wed March 6th, 13th, 20th, 27th April 3rd, 10th
Time: 9.30am - 11.00am
Venue: St Ethelwold's Church Hall Shotton
Art Sessions

Watercolour Workshops. Four sessions on how to paint using watercolour. Each session will demonstrate different techniques to build up the skills needed to paint in a confident and relaxed way. Beginners and Improvers are welcome - the aim is to enjoy learning.

Date: Thurs Jan 3rd, 10th, 17th & 24th
Time: 10.00am - 12.00pm
Venue: St Ethelwolds

Decorating Vases

In this session you will learn how to decorate glass items with paint and napkins creating a beautiful project. No skills required. All items supplied.

Come along and have some fun!

Date: Thurs Jan 31st
Time: 10.00am - 12.00pm
Venue: Growing Places
Sophrology is a simple and practical method designed to improve personal wellbeing.

It uses a mix of relaxation, visualisation, breathing exercises, gentle movement and meditation. Regular practice leads to a healthy, relaxed body and a calm, alert mind.

Sophrology is very popular in France, Switzerland, Spain and Belgium where many practise it to improve their mental health.

Sophrology is a great method to discover your inner resources, develop a more positive attitude and improve your quality of life.
Art Journaling

Do you love colour? Are you interested by images? Do you enjoy making things? This course will introduce you to the activity of art journaling as a way to explore your creativity. You absolutely don’t need to be able to draw - honestly, if you enjoy decorating the Christmas tree this course could be for you.

You will need to bring a book to journal in, which is yours to keep. This could be purpose made e.g. your own personal journal or you could purchase an intriguing book in a charity shop to ‘repurpose’. Preferably A5 or larger with a hardcover and fairly heavyweight paper.

Date: Fri Feb 1st, 8th 15th, 22nd March 1st, 8th
Time: 1pm - 3pm
Venue: St Ethelwold’s Church Hall Shotton
Woodwork Sessions

This is a 6 week course in which you will learn a range of woodworking skills and complete 3 projects

• Week 1: making a clock out of wood and using a wood-burning tool to create the numbers.
• Weeks 2 & 3: making a planter out of reclaimed wood.
• Weeks 4, 5 & 6: making a pot stand out of logs.

The tutor will be there to guide you through the sessions using the tools and health and safety.

A nominal charge of £3 will be charged for each item.

Date: Wed Feb 5th, 12th, 19th, 26th March 5th, 12th
Time: 1.00pm - 3.00pm
Venue: Growing Places
Computer Sessions

In this 4 week course you will learn:
• How to operate the computer
• Using the mouse
• How to create a letter using Word
• How to set up an email address

On the last session people can chose what they want to be shown for example:
• How to do online shopping
• How to search for activities/jobs

Delivered in partnership with Aura Leisure and Libraries to support the community to learn new skills and enhance digital access and employability

Date: Mon Feb 4th, 11th, 18th ,25th
Time: 1.00pm - 3.30pm
Venue: Connah’s Quay Library

This course is provided by FCC Mental Health Support Services
Woodwork Advanced

This course is for people who attended the previous woodworking session
In this session you will learn to make a stool the sessions will comprise of:
• Using power tools
• Making the frame
• Using carpentry tools
• Upholstering

Date: Wed Feb 6th, 13th, 20th, 27th March 6th, 13th
Time: 1.00pm - 3.00pm
Venue: Growing Places
Researching your family tree

In this session you will be shown how to research your family tree. You will be shown the tools you will need to find the information, which include:

Where to begin, for example;
Get prepared before you start.

Check if someone in your family has already done it.

Ask the older members of the family what they know.

Look for certificates, photographs and documents.
You might think theatre isn’t for you, but have you ever explored what theatre really is? This is a 6 week programme to discover new things about theatre. Come create, make, and discover what theatre is really about.

The programme includes a trip to Theatr Clwyd to see all of the back stage aspects of theatre. It will be a great chance to make new friends, find out what else we do at Theatr Clwyd and most of all a chance to have fun and be creative!

Theatr Clwyd: 01352 701521

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed Jan16th, 23rd, 30th</td>
<td>10.00am - 12.00.00pm</td>
<td>Gloucester room, Deeside Enterprise Centre</td>
</tr>
<tr>
<td>Wed Feb 6th, 13th, 20th</td>
<td>10.00am - 12.00pm</td>
<td>Theatr Clwyd</td>
</tr>
</tbody>
</table>
Come and Cook

This 6 Week course covers:
• Healthy Eating
• The Eatwell Guide
• Understanding food labels
• Planning Menus

We will spend the next six weeks learning and having fun with practical recipes. Participants will be hands on in preparing food and cooking some simple but tasty recipes. If you would like to improve your knowledge about healthy eating and cooking skills then this is the course for you.

Please contact Karen Griffith to confirm your place. Spaces are limited so book early to avoid disappointment.

Date: Fri March 8th, 15th, 22nd, 29th, April, 5th, 12th
Time: 10.00am - 12.00pm
Venue: Flint Leisure Centre
This is a project that runs for 4 weeks and looks at Equine learning and therapy. It consists of interaction with horses and also a fully simulated mechanical horse with interactive screen where riders can experience horse movement whilst riding a dressage test or cantering along a beach.

**The aim of these sessions is to:**
Enhance communication, self-awareness: confidence: team skills; equine learning and equine therapy and to promote wellbeing.
You will learn basic horse care.
**Transport will be provided**

If you are interested in coming to volunteer at Clwyd Special Riding School we have various different things from riding sessions, general maintenance in our charity shop or in the kitchen. We would love to hear from you. Contact us on 01352 770 446 to find out more.

**Date:** Tues March 19th, 26th, April 2nd, 9th
**Time:** 1.30pm - 3.30pm
**Venue:** Llanfynydd
5 ingredients cooking

In these sessions you will:
Cook a meal using 5 ingredients or less
Make a dessert
Learn how to do food preperation
and best of all... you get to eat what you make

Date: Fri March 22nd, 29th, April 5th, 12th
Time: 10.00am - 12.30pm
Venue: Rivertown Church Shotton
Easter Cupcakes

In this session you will:
Decorate 6 cupcakes
Using sugar paste and icing techniques
No skills required suitable for all levels

Date: Wed April 10th
Time: 1.00pm - 3.00pm
Venue: St Ethelwolds

Understanding “Personality Disorder”

Personality Disorder is one of the most controversial diagnoses used in mental health. This session explores the meaning of the diagnosis as well as other ways of understanding the difficulties usually associated with the term. Using a mix of presentation and discussion, we will look at what is recommended to help people with this diagnosis, some of the latest research in the field, and practical sources of advice and support

Date: Tues April 23rd
Time: 10.00am - 1.00pm
Venue: Gloucester Room, Deeside Enterprise Centre

This course is provided by FCC Mental Health Support Services
‘Stepping Up to Volunteering’

'STEPPING UP' COURSE

For Adults with a mild Learning Difficulty and/or Autism Spectrum Conditions

at Bodfari Woodland skills centre with Actif Woods Wales

INTRODUCTORY AND REGISTRATION SESSION

at Mold Library on 24th 10am - 12pm

- Find out more about the course
- Meet the group

COURSE DATES:

Every Thursday
31st January - 21st March 2019

With a final session at the Mold Library on 28th March

WHAT'S INVOLVED

On this Coppice Products Course, we will be spending time learning about the woodland. Meeting new people, learning new skills and gaining confidence.

FIND OUT MORE

Jill.blandford@flvc.org.uk - 01352 744001
Chris.Ablett@flvc.org.uk - 01352 744019
Self-Advocacy for Empowerment
SKILLS FOR A STRONGER VOICE!

Develop your confidence to express your views.
Bring about positive changes in your life.
Know your rights and where to get help and support. Choose as many courses as are helpful to you.
All sessions are designed to make a positive difference. Most transport costs are refunded, refreshments and drinks provided are totally free.
The SAFE programme is available to service users, carers and anyone with mental health concerns.
Some courses are also open to staff and volunteers.

CONFIDENTIAL, INDEPENDENT, FREE
ONE POSITIVE THOUGHT IN THE MORNING CAN CHANGE YOUR WHOLE DAY!

Welcome Back to the Positive Future

A new session for clients that attended SAFE in 2018

This is your chance to recap on anything you missed or wanted to know more about from the sessions we held during last year.
Come along and ask those questions you have been wanting to, or just sit and listen and remind yourself of what we learned together over the last 12 months. Either way it's guaranteed to be a useful session that you won’t want to miss!

Date: Wed Jan 16th
Time: 12.00 - 2.30pm
Venue: Mold

These courses are provided by Advocacy Services North East Wales
**Building Blocks for Confidence**

*A 2-week course*
A very gentle confidence building course with lots of support and a ‘no pressure’ approach that will help you find ways to build your confidence…. Particularly if you are new to group situations.

**Date:** Thurs Jan 24th, 31st  
**Time:** 12.00am – 2.30pm  
**Venue:** Deeside

**Leap the Limbic Living so Logic**

Why do we have thoughts of failure – lack of confidence – stress – anxiety and anger? What controls and drives this? Find out how your brain can sabotage you by thinking and acting negatively and putting barriers up to stop you from being the best version of you. When you know why, the strategies you will learn in this session will help you to think logically and positively in a life much more positive and fulfilled.

**Date:** Tues Feb 5th  
**Time:** 12.00 – 2.30pm  
**Venue:** Holywell

*These courses are provided by Advocacy Services North East Wales*
Talking Yours and Their Language

This session is fun, interactive and will help you to:

- Communicate with people who see things in a different way
- Know what words and phrases to use
- Learn about body language
- Know how to get attention in a calm, friendly and approachable manner to gain the best results every time

Date: Wed Feb 13th  
Time: 12.00pm - 2.30pm  
Venue: Mold

Self-Advocacy Skills

SELF ADVOCACY IS ABOUT SPEAKING UP FOR YOURSELF

This session will give you the skills and confidence to say how you feel and express your needs, wishes and concerns. This doesn’t mean going it alone, help is still available when needed.

Would you like to know how to better communicate with others and have your say in a more assertive manner?

If so this session is for you.

‘Self-advocacy will give you skills for a stronger voice!’

Date: Thurs Feb 21st  
Time: 12.00pm - 2.30pm  
Venue: Deeside

These courses are provided by Advocacy Services North East Wales
SAFE Personal Boundaries

Having personal boundaries can be difficult. We naturally want to please people and we don’t like to say no when asked for help.
However, having SAFE personal boundaries is important to maintain good relationships and good communications.

Why not come along and find out what your boundaries?

Date: Wed Feb 27th
Time: 12.00pm - 2.30pm
Venue: Holywell

Worry Less and Live in the Moment

Do you worry about every little thing? Is it taking the fun out of life?
This session will teach you strategies on how to worry less about the things you have no control over and how to live in the moment and enjoy life more.
After all, “Most of the things you worry about never happen!”

Date: Thurs March 7th
Time: 12.00pm - 2.30pm
Venue: Mold
Understanding Emotional Resilience

Emotional resilience isn’t about not having troubles or not going through stressful life events. It’s about being able to cope with them better.
In this session we will look at what emotional resilience is and what we can do to develop better bounce-back ability.

Date: Wed March 13th  
Time: 12.00pm - 2.30pm  
Venue: Holywell

It’s All About Us

An informal, fun session for anyone who wants to step out of their comfort zone in a SAFE, non-judgmental environment. In this session you can read a poem, tell some jokes, read some affirmations or tell us something interesting about yourself like a hobby or achievement.
We also need an appreciative audience so if you would prefer not to talk, come along and be entertained instead.

Date: Thurs March 21st  
Time: 12.00pm - 2.30pm  
Venue: Deeside
The Butterfly Effect

By making small positive changes in our lives we can change things for the better…
Come and have a look at what you might want to change and how it can have a positive effect on your future.

Date: Wed March 27th
Time: 12.00pm - 2.30pm
Venue: Mold

Step Back, Forward

A relapse may be part of our recovery, and when this happens it can be very unsettling. But there are things we can do to help ourselves.
In this session we will look at signs of a relapse, where to go for help and what strategies we can use.

Date: Thurs April 4th
Time: 12.00pm - 2.30pm
Venue: Deeside

These courses are provided by Advocacy Services North East Wales
It’s SAFE to Step Forward

Do you struggle in new situations with new people where the focus is on you. Learn how to grow your levels of confidence, try new things and jump into conversations that you would have previously avoided.

Date: Fri April 12th  
Time: 12.00pm - 2.30pm  
Venue: Holywell

Review

This review session will be a lovely way to reflect on our progress. Your thoughts, opinions and suggestions are invaluable to us. We will sit down together and look at what has worked, what we can improve and what sessions you think you may benefit from in the future.

Date: Thurs April 18th  
Time: 12.00pm - 2.30pm  
Venue: Mold

These courses are provided by Advocacy Services North East Wales
New Mind activities in 2019

Socialise at our Saturday Drop-In – 1pm-4pm

Every Saturday throughout the year the Wellbeing Centre in Mold welcomes people who want to enjoy good company, tea and coffee and cake. At the drop in, apart from a warm welcome and a chat, you can, if you wish, take part in Yoga, relaxation, quizzes and board games. You can also find information and advice that you may need about what is going on in Flintshire.

Friday afternoons
End of the week Relaxation – Alternative
Fridays beginning 4th January 2019

Crafty Fridays – 1.30pm-3.30

From January 11th 2019 and alternative Fridays

Throughout the year we have a “crafty group” where we try new things and also old favourites. We paint, draw, model, knit and glue things together. We make individual pieces and work together on joint projects to create our works of art. We also drink lots of tea and enjoy the chatter.
NE Wales’ Mind’s Stress Management Skills course is designed to help people understand and manage stresses in their life. It’s for you if you’re struggling with mild stress and anxiety. It’s based on proven Cognitive Behavioural Techniques.

What will you learn?
- What stress is and why it happens
- How to pinpoint the causes and effects of stress in your life
- How to break the vicious cycle of stressful thinking using proven Cognitive Behavioural Techniques
- Practical ideas and tools to manage stress
- Simple relaxation techniques
- How sleep, diet and exercise can help

Stress management is aimed at those with mild to moderate levels of distress and who are not receiving a service from a Community Mental Health Team. To find out if the course might be right for you please contact Parabl on 0300 777 2257.

“The greatest weapon against stress is our ability to choose one thought over another.”
William James

Date: Wed Jan 16th 2019 – Wed Feb 27th 2019
Time: 6pm - 8pm
Venue: Bethel Chapel, Ruthin Road, Mold

This course is provided by North East Wales Mind & FLVC
January course is fully booked

- However, if you are interested please get in touch and we will put you on a reserve list which will go forward for the next course.

A gentle introduction to volunteering in an outdoor setting. You will have the chance to meet other people, have fun, visit places of interest and try new things. You will be helping as part of a group, whether it be in the forest, country park or public garden. The volunteering will be for charity and the greater good of our environment and community.

Please contact Steph Walsh on 01352 974430 or email steph.walsh@newmind.org.uk
Mindfulness for depression (MBCT)

“If you want to conquer the anxiety of life, live in the moment”
Amit Ray

This tried and tested eight week mindfulness course is designed for people who have had depression. It combines mindfulness techniques like meditation, breathing exercises and stretching with elements from cognitive therapy to help break the negative thought patterns that are characteristic of recurrent depression. MBCT will teach you to pay attention to the present moment, rather than worrying about the past or the future. It’ll help you let go of the negative thoughts that can tip you over into depression. It’ll make you more aware of your own body, helping you identify the signs of oncoming depression and ward off an episode before it starts.
This course is ideal for people who have completed an introduction to mindfulness or on-line course and who would like to develop their mindfulness practice further. It’s for people who have had three or more episodes of depression in the past, but are currently stable (ie not deeply depressed at the moment).

This course can only be booked through Parabl. To find out if the course might be right for you ring

Parabl on 0300 777 2257 or email ask@parabl.org.

Date: Tues Jan 15th
Time: 10.00am - 12.00pm
Venue: Bethel Chapel, New street, Mold

This course is provided by North East Wales Mind
Live Life to the Full

- A Life-Skills Programme

Be Happier, Sleep Better, Do More and Feel More Confident

In just eight, enjoyable two-hour sessions, this programme can help you make a difference to your life. With the help of free books and expert guidance at each session, you will be able to sort out your feelings when you are fed up, worried or feeling low and you will learn skills that help you tackle problems in your life.

You will also meet new people and have lots of fun!

Contact Lynne Jones on 01352 974432

Date: Due to start in October
Time: TBC
Venue: TBC

This course is provided by North East Wales Mind
Dru yoga Classes

Suitable for all ages and abilities including complete beginners.

Enjoy flowing movements and relaxation for a happier, calmer life. The session is free contact us for details.

Jill Blandford registered Dru Yoga teacher
Yoga sessions from September 2018

Fridays 10.30am – 11.30am Mold Methodist Church
Wrexham Street CH7 1AZ

Contact: North East Wales Mind for further information
Email: reception@newmind.org.uk
Telephone: 01352 974430
This workshop is not about pretending to be happy but about learning to look from a positive perspective. It will cover our attitudes to happiness and where those attitudes come from.
The workshop will encourage us to change our perspective e.g. going from a dark room to a light room. The difference can be very dramatic and very quick.
The workshop includes some techniques and exercises designed to help us live a happier lifestyle.
Travel expenses can be reimbursed. Refreshments and lunch will be provided.

**Date:** Thurs Feb 14th  
**Time:** 10.30am - 3.00pm  
**Venue:** Flint Town Hall

This course is for people who have attended the 5-day train the trainer course and are keen to update and develop their skills further.
The course will build on your existing skills and knowledge and will focus on:
- Planning sessions to meet your aims and objectives and those of any learners;
- Ways to create the best learning environment and move the session forward and
- How to best manage teaching sessions that are problematic!

Travel expenses can be reimbursed. Refreshments and lunch will be provided.

**Date:** Tues March 12th  
**Time:** 10am - 4pm  
**Venue:** Gloucester Room, Deeside Enterprise Centre, Shotton.
How to create a fantastic CV and a few tips on job searches

A one day training course, delivered by local recruitment consultants Ten-Percent Recruitment, in partnership with Unllais.

The course will cover the following topics and allow you to feel more confident in putting your own CV together:

v Learn step-by-step what you should include in a CV and, how you should set this information out in the most persuasive way.

v Practical tips and advice on the content of your CV.

v How to carry out a comprehensive job search.

If you have any specific question that you would like us to cover on the day please let Karen know when booking your space on the course.

Date: Tues March 5th
Time: 9.30am - 12.30pm
Venue: Gloucester Room, Deeside Enterprise Centre,
Floristry workshop for beginners.

Come along for a fun, creative morning to include making: buttonholes, gift wrapping a bouquet and making a floral arrangement. Make some lovely things to take away with you at the end of the session!
If you are interested in flowers then come along and learn some new skills.

Cost is £3 per person to cover the cost of materials.

Date: Wed March 27th
Time: 10.00am - 12.00pm
Venue: Growing Places.

This course is provided by Unllais

Welsh Course for Beginners

Would you like to learn more about Welsh customs and heritage?
From the week beginning 14th January 2019, KIM are offering a 10 week accredited Welsh Language and Culture course for the community.
Spaces are limited. For more details and bookings, please contact KIM on 01352 872189 or email info@kim-inspire.

Date: Mon Jan 14th for 10 weeks
Time:
Venue:

These Groups are provided by KIM
Welcome to KIM!
We are an award winning charity providing professional, high quality mental health support in the community. Our group led activities are proven and innovative. KIM sessions are friendly, fun and always focused on progression and individual development.

We provide a range of mental health services called KIM 4 Her, KIM 4 Him and KIM Betweeners. Details are on the next page; these services are accessed by a referral from keyworkers or directly from the individual.

**KIM 4 Her**
is an established project for women which is sociable, informative and builds self-reliance through a combination of new places, new people and inspiring opportunities. Individuals learn about themselves, their responses and their place in their community.

**KIM 4 Him**
is a ground-breaking project designed specifically for men. We help reduce the barriers to men seeking support through 1-1 mentoring and team based group work. If you’re interested in photography, themed days, Men’s Sheds, Star Wars, cooking, monthly brunch and a whole lot more, get in touch.

**KIM Betweeners**
is especially for young people who are struggling with social anxiety, depression, self-harm or other mental health problems. We offer 1-1 support and you can meet others in fun groups that are safe and friendly.

**Community Activities**

**No referral required – just come along 😊**
We welcome everyone to come along and join in with our community activities. These include our Cwtch Pop-Up Café every Friday, the Holywell and District Men’s Shed and KIM Community Choir all at the Hub. Other events are regularly posted on our website and face book page. The following pages provide information our week at KIM.
Tuesday

KIM Choir

Are you more Jedward than Adele?
That’s ok –
all levels welcome!
Come along and have a go
with the group

12:30pm-2:30pm

The Hub,
Park Lane,
Holywell,
CH8 7UR
Wednesday

Football Shed

New project with Holywell Town Football Club
Come along if you consider yourself handy or just want a brew and a chat.

12:30pm-2:30pm

Holywell Town Football Club,
Halkyn Road,
Holywell,
CH8 7TZ

Please call Dave 01352 872189 if you would like to attend

These Groups are provided by KIM
Thursday

Bouncing Back

All Levels welcome

12:30pm-2:30pm

FREE!

Mold Tennis Club

BOUNCING BACK

FREE TENNIS FOR MENTAL AND EMOTIONAL WELLBEING

For more info call
07732497048
0132872189

Maes Bodlonfa
Mold
CH7 1DR

These Groups are provided by KIM
Friday
Men’s Shed
Come along and help out with the group maintaining the onsite shed or with the group projects. Perfect day out to meet the KIM staff and volunteers. Come along with friends, family or support worker. Everyone is welcome.

10am-12pm
The Hub, Park Lane, Holywell, CH8 7UR
FREE!

Community Café
Come along and have a 2 course meal for £3.50 and get to know everyone!

12pm-2pm
The Hub, Park Lane, Holywell, CH8 7UR

These Groups are provided by KIM
Creative Mondays

All Welcome
10.00am - 12.00pm
in the Gloucester Room,
Deeside Enterprise Centre
Tea & Biscuits provided

For further information, please call:
Jeanette on 01244 831056 or
Steve on 01244 810185

FOOTBALL GROUP

Come along and play football
in a fun and friendly
supportive group...

Wednesdays @ 2pm-3pm
Deeside Leisure Centre,
Chester Road West
Queensferry,
Ch5 1SA
Contact: Steve or Mike
01244 810185

Everyone Welcome
Open Access Groups

SHOTTON GAMING GROUP

THURSDAYS 1pm - 3pm
@ Growing Places
Unit 4 Rowley’s Drive Shotton
Open access gaming group
Relaxed and friendly atmosphere
Come along meet new people join in with the games
We have a variety of games and systems including
Nintendo, Playstation, Wii and X Box
Board games Cluedo, Frustration, Dominoes
and Table Tennis
There is a game to suit everyone’s tastes!!

If you have ever wanted to try something new come along and have a go it’s a small friendly group, there is no pressure to perform. This is a group of likeminded people who like to sing or play an instrument.

If you have your own instrument to use bring it along.
It’s great to meet new people in a relaxed friendly atmosphere. Come and have fun!!
We have five weekly Drop-ins across Flintshire.

The Drop-ins are facilitated by Support Staff from Social Links which is one of Flintshire County Council’s Mental Health Support Services.

The Drop-ins are open to everyone. They offer a safe place to meet and have a chat over tea/coffee and biscuits.

We always welcome new people and staff are available to offer support. No referral from your GP or your Care Co-ordinator is required so feel free to just come along.

The atmosphere is relaxed and supportive.

**Drop-in Information**

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Hope Church Hall, Hope</td>
<td>1.30pm - 3.30pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Chapelarts Tyddyn Street Church, Mold</td>
<td>10.30am - 12.30pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Rivertown Church, Shotton</td>
<td>10.30am - 12.30pm</td>
</tr>
<tr>
<td>Friday</td>
<td>St Mary’s Church Hall, Flint</td>
<td>10.30am - 12.30pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>CAB, Connah’s Quay</td>
<td>10.30am - 12.30pm</td>
</tr>
</tbody>
</table>

We ask for a 50p contribution towards refreshments. For further information, please contact Social Links on 01244 810185.
Maths and English Skills for Adults

English and Maths skills are essential to most jobs and for everyday life. We offer a range of courses for students of all ages to help you to brush-up your skills, even if you have been out of education for a while. All of our classes are tailored to your needs, so whatever your reason for joining, we have the right course at the right level for you.

You will learn at your own pace and, where appropriate, could achieve recognised qualifications.

We offer courses at a range of different venues across Flintshire, including Flint, Aston, Buckley, Holywell, Mold, Broughton and Connah’s Quay.

Join a small, friendly, day or evening class and you will be able to:

- Improve your reading and writing skills;
- Gain confidence with punctuation, spelling and grammar;
- Help your child with homework;
- Complete forms and applications;
- Work on your maths skills.

For more information about any of our courses, please contact Kerry Lloyd on 01978 267369 or email kerry.lloyd@cambria.ac.uk
Tai Chi Movements for Well-being (TMW):

- Holywell Leisure Centre Wednesday 1.45pm - 2.45pm
- Mold Leisure Centre Wednesdays 11.30am-12.30pm
- Deeside Leisure centre Mondays 1.30pm-2.30pm  
  Wednesday 2.30pm - 3.15pm
- Jade Jones Flint Pavilion Mondays 11.30am - 12.15pm

TMW is suitable and safe for all abilities. No special clothing or footwear required, just loose comfortable clothing.

These movements come from the tradition of Tai Chi and Chi Kung, They are very quick to learn and simple to perform. They will help increase your body/mind coordination, your circulation, flexibility, balance, your sense of self and feeling of well-being. You can do the movements seated or standing, or a combination of the two. These movements are for you. They help you to relax and feel a sense of well-being every time. Once you have learnt the movements you can do them at home as often as you like.