

Health, Wellbeing and Mindfulness Booklet

North Wales Region, 2021



Health, Wellbeing and Mindfulness Booklet

Race Equality First (REF) have been funded by Betsi Cadwaladr University Health Board to produce a Health, Wellbeing and Mindfulness Booklet for minority communities in the North Wales region. This booklet will be translated into a number of identified languages and its aims are to offer information about health and wellbeing. It will also contain hints, tips and activities you can do from home or in your local area, and provide you with contact details to local and regional healthcare support services, organisations and groups.

This booklet has been broken down into local authority sections, so if you are a resident living in Flintshire (for example), you can go straight to your area and find a selection of local groups and organisations you could get involved with that connect to the '5 Ways to Wellbeing' (detailed on pages 2 and 3). We have also included a number of other relevant support services and this booklet can be used as a directory to access them, should you require their assistance.

Race Equality First



"Working with you to make equality a reality"

There are Social Prescribing services for each of the local council areas across North Wales, and you can call the relevant number to access an array of groups, activities and services in your local community. You can find these in the different local authority sections of the booklet.

Who are Race Equality First (REF)?

REF has a vision of society where all individuals have equal rights without discrimination based on race or any other personal characteristic they may possess. Our mission is to provide support, advice, leadership and an influential voice for people who face discrimination, harassment, hate crime and disadvantage. Our aims are to work towards the elimination of racial discrimination; promote equality of opportunity across all protected characteristics within the Equality Act 2010; and to

promote good relations between persons of different racial groups.

REF support victims of hate crime and discrimination through our Casework Service. If you are from a minority community and believe you are being treated unfairly at work, or by a service provider, or you think you have been a victim of a hate crime, please contact us on the details below.

REF also run an advocacy service for people from Black, Asian and

Minority Ethnic communities, with a priority around elders and access to healthcare services. If you feel you need any assistance around care and support needs, how to make a complaint, equipment to live independently at home, finding accommodation, home maintenance and repairs, health awareness, influencing practice, improvements in local services, or informing service providers about your needs - please contact us and we can help.

- 029 2048 6207
- info@raceequalityfirst.org.uk
- www.raceequalityfirst.org
- @REFCardiffVG
- Race Equality First
- @raceequalityfirst



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Betsi Cadwaladr University Health Board



Meet your new Chief Executive for Betsi Cadwaladr University Health Board.

Hi, my name is Jo Whitehead and I have recently been appointed as the new Chief Executive of [Betsi Cadwaladr University Health Board](#).

I joined Betsi Cadwaladr University Health Board from my role as Chief Executive of Mackay Hospital and Health Service in Queensland, Australia. After more than 30 years of experience working in healthcare in both the UK and Australia. As Wrexham born, I'm proud to be back home in North Wales.

It is a great privilege to have been given this opportunity to make a real difference to people's lives and improve health outcomes across our communities across North Wales, including Black Asian and Minority Ethnic Communities and other seldom heard populations.



Jo Whitehead
Chief Executive

Meet your new Engagement Officer for North Wales.

My name is Rafat Arshad-Roberts, appointed by the [Betsi Cadwaladr University Health Board](#) as an Engagement Officer to support engagement with Minority Ethnic communities across North Wales.

This new role funded by [Welsh Government](#) will focus on identifying and breaking down barriers that prevent people using our services such as the NHS Wales (TTP) Test, Trace, and Protect service and support a **two-way dialogue** between the Health Board and communities.

My role will also help to communicate key messages and dispel any false information that may prevent people taking up the COVID-19 vaccination or other health and wellbeing services.

Along with stakeholders I want to meet the public to discuss how the Health Board currently engages with Black Asian and Minority Ethnic Communities and other seldom heard populations. I'm particularly interested in areas for improvement and people's views on ways the Health Board can establish meaningful continuous engagement.



Rafat Arshad-Roberts
Engagement Officer

You can contact Rafat and talk to her about community issues by emailing Rafat.Arshad-Roberts@wales.nhs.uk

The 'Five Ways to Wellbeing'

What is the 'Five Ways to Wellbeing'?
 The Five Ways to Wellbeing Framework is a set of five evidence-based actions that promote mental health and wellbeing. Based on the latest scientific evidence the simple actions, if taken regularly, can improve your wellbeing and enhance your quality of life. These actions are appropriate to all people, of all ages, and abilities. More information from [Betsi Cadwaladr University Health Board](#) (BCUHB) can be found on their website.

What does 'Wellbeing' actually mean?
 The New Economics Foundation proposed a simple definition to understand that mental wellbeing requires an individual to both 'feel good' and 'function well'.

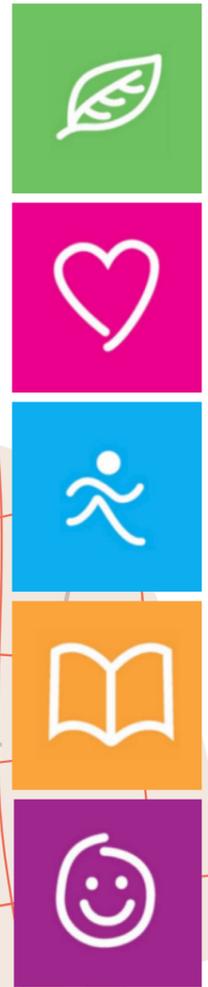
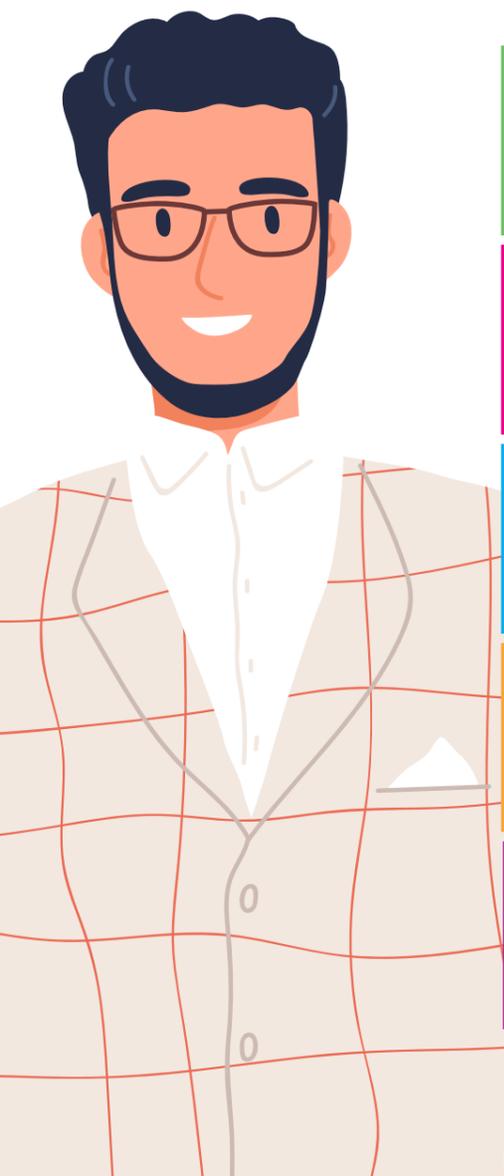
The 'Five Ways to Wellbeing' may also help you:

- Make the most of opportunities and deal with stressful situations, by taking time out and learning how to cope when things get tough.

- Increase interpersonal skills, empathy and communication skills through giving, and seeing yourself as part of the wider community.
- Increase your chances of employability and self-worth, by taking notice of what you are good at and what you have to offer others.

The best way to really improve your wellbeing is through understanding that: **'Wellbeing is important to me'** and **'There are things I can do to improve my wellbeing'**.

Five simple things we can do to give our wellbeing a boost.



1. Take Notice

Take time for yourself, notice things around you and savour the moment

2. Connect

It's time to connect with friends and family to help enrich your day

3. Be Active

Being active makes you feel good. Get moving - dance, sing; step outside for a walk, a run or cycle

4. Keep Learning

Learning something new can be fun, make you feel good and build your confidence

5. Give

Acts of kindness, helping others or even volunteering can make you feel happier

How can I implement the 'Five Ways to Wellbeing' in my daily routine?

There are lots of small and simple ways you can make adjustments to your daily and weekly routines. It's so important to allow time to focus on your own mental health and wellbeing. It is easy to get wrapped up in social media, work and / or caring for other family members, that you easily forget how important your own health and wellbeing is.

On this page there are some practical and effective ways you can ensure you are looking after your mental health and wellbeing (there are lots more than this too!). Within this booklet you will also find lots of local, and regional, groups and organisations you can get involved with that can provide you with some great activities, and support for your mental health and wellbeing.

1. Take Notice

- Take a different, more beautiful route to or from work/school, stop and really take in your surroundings.
- Consider your strengths and how you make the most of them, think about who inspires you and why.
- Notice wild flowers and where they grow, watch animals and birds outside.
- Listen to the rain on your window – we get plenty of it in Wales!
- Cloud watch, notice the shapes changing, what speed do they move?
- Try a new food and then notice how different it tastes and feels.

2. Connect

- Talk to family and friends, share your day and ask about theirs – pay attention and listen.
- Smile/try and speak to someone new and different, it makes you feel good to connect to new people.
- Talk to someone in person or on the phone instead of messaging or using social media.
- Make contact with someone you used to spend time with – remember and reflect together.
- Don't use your phone for a day (or at least for a few hours!)
- Write a letter or send a postcard / card to someone. Let them know they are in your thoughts.

3. Be Active

- Play your favourite song and dance to it!
- Go for a walk at lunchtime or after work / school – walk to see friends instead of going in the car.
- Go to your local park, visit a national trust garden, or a wildlife reserve.
- Stretch and move your limbs in the morning, midday and evening – don't sit still for too long.
- Do some gardening, run an allotment, feed the ducks in the park, or join a local gardening group.
- Try out a new exercise, learn how to swim or ride a bike, join a new local sports club or team.

4. Keep Learning

- Discover something new, research your family history – find out more about something you're interested in.
- Read the news, or a new book – use a local free library service.
- Sign up for a class or group where you learn to do something new, like crafts, sports, or education.
- Learn something new about yourself – don't be afraid to try something different!
- Go to a local museum or national trust property.
- Learn a new hobby or a new language – [duolingo](#) is a great app for this!

5. Give

- Check up on a friend, smile and be willing to give your time to a conversation.
- Give unwanted items to a local charity shop, or volunteer for a local charity or community group.
- Donate your time to do something for someone else; help out a neighbour; carry shopping, offer to help.
- Bake a traditional cake and give it to someone – this would brighten their day!
- Give some food to the food bank to help others in need – think about ways to raise money for charity.
- Learn how to put someone in the recovery position and how to administer First Aid.



Organisational links to the 5 ways of wellbeing:



Anglesey

There are 20 organisations in this section who offer health/wellbeing support and activities for people in their local community. There are lots of other groups too, so if there is anything you cannot see on this page that interests you, please contact your local Social Prescribing service [Mon Community Link](#) on 01248 725745 who can signpost you to your activity / service requirement. You can always get in touch with Race Equality First too, and we can help you access any of these groups / services as well as assist with other needs you may have.

Abbey Road Centre – Bangor

Mental health and wellbeing centre – activities, one-to-one support, counselling services, therapies and training.

☎ 01248 354888 ✉ ARC@abbeyroadcentre.co.uk 🌐 www.abbeyroadcentre.co.uk

Adult services (County Council) – Llangefni

Support to maintain people's independence. Information, advice and signposting to general community support to access health and social care.

☎ 01248 752752 ✉ asduty@ynysmon.gov.uk

🌐 www.anglesey.gov.uk/en/browse/Residents/Adult-social-care

Anglesey Federation of WI's (Women Institute)

Women's association present in 16 locations over the island. They offer a variety of activities depending on the group such as sports, debates, musical evenings, creation of items, skills-improvement workshops – to name a few.

☎ 01248 717600 ✉ afwisecretary@btconnect.com 🌐 www.afwi.org.uk

Anglesey Library Service

Free membership that includes book delivery to your house. Mobile Library to visit your local community, activities, free Language Learning Courses. Available in Llangefni, Holyhead, Amlwch, Benllech, Menai Bridge, Beaumaris & Rhosneigr.

☎ 01248 752095 / 01407 762917 ✉ llefrgelloedd@ynysmon.gov.uk

🌐 www.anglesey.gov.uk/en/Residents/Libraries/Join-the-library.aspx

Adferiaid (CAIS)

CAIS is a registered charity that seeks to help people make positive changes in their lives. These people may be affected by dependence, mental health problems, unemployment, offending as well as other life challenges.

☎ 0345 061 2112 ✉ enquiries@cais.org.uk 🌐 www.cais.co.uk / www.adferiad.org.uk

Canolfan SSIE/ ESOL Centre, Grŵp Llandrillo–Menai

All levels, from beginner to advanced, part-time or full-time classes, learn in the daytime or evening, start any time, improve your English, gain Qualifications (Cambridge English, IELTS), find work / get help in your job, get into University and other College courses, help your children with school work, make friends and learn about Welsh culture.

☎ 01248 383 347 ✉ esol@gllm.ac.uk 🌐 www.gllm.ac.uk/learn-teach-english

Carers Outreach Service

Support for unpaid Carers in Gwynedd, Conwy & Anglesey, helping you cope with your carer responsibilities. If you need information, support, or simply time to yourself, Carers Outreach is there for you.

☎ 01248 370797 ✉ help@carersoutreach.org.uk 🌐 www.carersoutreach.org.uk

Citizens Advice Anglesey

Advice on big issues affecting people's lives (housing, employment, benefits) – mental health and wellbeing support, volunteering opportunities. Offices are based in Llangefni, Amlwch & Holyhead.

☎ 08082787932 ✉ AngleseyCA@gmail.com 🌐 www.citizensadvice.org.uk/local/ynys-mon/

Community Mental Health Team (County Council) – Llangefni

Help from specialists for mental and emotional health problems – individual counselling or group activities.

☎ 01248 752752 / 01248 353551 (Emergency out of hours)

🌐 www.anglesey.gov.uk/en/Residents/Adult-social-care/Mental-Health...

Digartref – Holyhead

Homelessness support and prevention – advice, information, training, and food in the Lighthouse Day Centre. Also offer mediation through advice and signposting to children and young people, parents experiencing family difficulties, loss and bereavement issues. You can also volunteer to help in the Lighthouse Day Centre, as a fundraiser, or more.

☎ 01407 769995 ✉ enquiries@digartref.co.uk 🌐 www.digartref.co.uk

Gorwel – Llangefni

Support to women, men and children affected by Domestic Violence, and homelessness prevention services. Can offer support on benefits, grants and legal issues, safety, health issues, education, training, practical skills and children's issues.

☎ 0300 111 2121 ✉ gorwel@gorwel.org 🌐 www.gorwel.org

Gwynedd And Anglesey Shared Lives Scheme

Independent living support for vulnerable individuals and families. Offices are based in Pwllheli, Dolgellau and Llangefni.

☎ 01758 704145 / 01341 424511 ✉ Cynllun.lleoli@gwynedd.llyw.cymru 🌐 www.gwynedd.llyw.cymru

Medrwn Môn

The aim of Medrwn Môn is to promote and support voluntary and community organisations by working with individuals, groups and communities on Anglesey to ensure they play a full and prominent role in developing the potential of the Island.

☎ 01248 724944 ✉ post@medrwnmon.org 🌐 www.medrwnmon.org

Môn Actif

A wide variety of leisure facilities for people of all ages and abilities – centres in Amlwch, Holyhead, Menai Bridge and Llangefni.

☎ 01248 752435 ✉ monactif@anglesey.gov.uk / monactif@ynysmon.gov.uk

🌐 www.facebook.com/MonActif / monactifonline.anglesey.gov.uk/bookings

British Heart Foundation Health Tip

Blood Pressure – Know Your Numbers

Having high blood pressure increases your risk of heart attack and stroke, so knowing your blood pressure could save your life. The BHF has six top tips to help to reduce high blood pressure, or help to control it if you've already been diagnosed with the condition.

1. Regular physical activity
2. Keep to a healthy weight
3. Eat a healthy balanced diet
4. Cut down on salt
5. Don't drink too much alcohol
6. Take your medicines as prescribed

Further information can be found here:

www.bhf.org.uk/information-support/heart-matters-magazine/research/blood-pressure/blood-pressure-tips



@BHF Cymru

BHF Wales

@the_bhf

Age Cymru: Physical Health activities for people over 50



LIFT - Low Impact Functional Training is a series of activities and games designed to encourage older people to take part in physical activity that will help strengthen your heart and lungs, muscles, flexibility and balance. All of the activities are performed using safe seated and standing exercises so you can always work at a level

that's comfortable for you. The sessions are also designed specifically for people who are 50+ so it's never too late to get started!

Other ways you can get active with Age Cymru:
[Nordic Walking](#)
[Tai chi](#)

- @AgeCymru
- Age Cymru
- @agecymru

More videos of activities you can try out at home can be accessed here: www.ageuk.org.uk/cymru/our-work/physical-activity

Môn CF

Delivers employability training and mentoring service. Offices in Holyhead, Menai Bridge, Amlwch and Bangor.

01407 762004 info@moncf.co.uk www.moncf.co.uk

Môn Older People Project (Gorwel) – Llangefni

Housing related support for people aged 55 years and over on Anglesey.

0300 111 0226 poblhyn@gorwel.org

Parabl

Short-term therapeutic interventions to help your mental health – offers counselling and therapeutic groups.

0300 777 2257 ask@parabl.org www.parabl.org.uk

Royal Voluntary Service Gwynedd and Anglesey

Volunteers across Anglesey who offer help and support so older people can maintain their independence and stay involved in their local community – Lunch Clubs, Good Neighbours, Community Transport and Hospital Support.

01248 661915 YnysMonGwyneddHub@royalvoluntaryservice.org.uk

Small Woods Wales – Active Woods Wales

Supporting the use of woodlands through activity sessions such as woodland craft, mindfulness, walking, bushcraft and fire-cooking. Sessions for adults who want to improve their health and well-being, and also families with young children.

07590 383153 / 07932 924652 actifwoodsanglesey@smallwoods.org.uk

www.facebook.com/ActifWoodsAnglesey

Teulu Môn (County Council) – Llangefni

Free service for children, families and professionals for information, advice and assistance relating to children or the families of children, aged 0-25.

01248 72588 8 teulumon@ynysmon.gov.uk www.facebook.com/teulumon

FOOD BANKS: Holyhead – 07557 333 498

Pop up foodbanks during the coronavirus pandemic: Llangefni, Manai Bridge, and Amlwch.

Organisational links to the 5 ways of wellbeing:

- Take Notice
- Connect
- Be Active
- Keep Learning
- Give

Conwy

There are 20 organisations in this section who offer health/wellbeing support and activities for people in their local community. There are lots of other groups too, so if there is anything you cannot see on this page that interests you, please contact your local Social Prescribing service [British Red Cross](#) (funded by the co-op) on 0344 871 1111 who can signpost you to your activity / service requirement. You can always get in touch with Race Equality First too, and we can help you access any of these groups / services as well as assist with other needs you may have.

Age Connect North Wales Central

Aims to improve the quality of people's lives through community services, fostering independence, empowerment and wellbeing. Specialised in supporting people aged 50+ whilst offering a variety of ways of helping adults of all ages.

0300 2347 007 enquiries@acnwc.org www.ageconnectsnwc.org/en

CAB Conwy District (Citizens Advice Bureau)

Free, independent and confidential advice that helps people with legal and financial worries.

0344 4772020 www.adviceguide.org.uk

Adferiaid (CAIS)

CAIS is a registered charity that seeks to help people make positive changes in their lives. These people may be affected by dependence, mental health problems, unemployment, offending as well as other life challenges.

0345 061 2112 enquiries@cais.org.uk www.cais.co.uk / www.adferiad.org.uk

Carers Outreach Service Conwy

Emotional support and information for unpaid carers. We can provide support over the telephone or in person at our offices or in the carer's home. We organise health and wellbeing events and other social opportunities to help reduce the isolation that many carers encounter as a result of their caring role. Our service is free and confidential.

01492 533714 help@carersoutreach.org.uk www.carersoutreach.org.uk

Centre of Sign-Sight-Sound

CAS ensures that Deaf people and people living with sensory loss are able to access, in their first language and/or language of choice, the information, advice and services they need to make informed choices on every day matters that are important to them.

01492 530013 info@signsightsoud.org.uk www.centreofsignsightsound.org.uk

Conwy and Denbighshire Mental Health Advocacy Service

An independent, confidential and free advocacy service for Young People and Adult Mental Health users.

01745 813999 or 03007701842 admin@cadmhas.co.uk cadmhas.com

Conwy Communities Wellbeing Team (County Council)

The Team are here to support older people living in Conwy County to help them take up opportunities to boost both their physical and mental wellbeing. You may be interested in joining a singing or social group, doing yoga, want to chat with someone over the phone via a befriending service or maybe you're just not sure what you would like to do. We can provide you with information and direct you to the right activity, group or support to meet your needs.

01492 577449 stayingwell@conwy.gov.uk

www.conwy.gov.uk/en/Resident/Leisure-sport-and-health/Community-wellbeing/...

Conwy Connect

The charity helps to promote the rights of people with a learning disability and ensure they have equality of choice and opportunity in the community they live in.

01492 536486 catharine@conwy-connect.org.uk www.conwy-connect.org.uk

Conwy Flying Start

To provide quality play and development experiences for you and your children. Supporting families to give children 0-4 years a Flying Start in life. Apply via the website.

01492 576380 flying.start@conwy.gov.uk
www.conwy.gov.uk/en/Resident/Social-Care-and-Wellbeing/Children-and-families/Flying-Start...

Conwy Libraries

Available in Abergele, Cerrigydrudion, Colwyn Bay, Conwy, Kinmel Bay, Llandluno, Llanfairfechan, Llanrwst, Penmaenmawr, Penrhyn Bay

<https://www.conwy.gov.uk/en/Resident/Libraries-Museums-and-Archives/Libraries...>

Conwy Mind

Local mental health charity providing information, advice, counselling, support and activities for people struggling with mental or emotional health problems.

01492 879 907 info@conwymind.org.uk www.conwymind.org.uk

Conwy Valley Maze

Enjoy problem solving in nature in an award-winning maze.

01492 660900 www.big-maze.co.uk

Conwy Valley Ramblers Walking Group

Vale of Clwyd Walking Group is based in Conwy and is the local group of The Ramblers.

01492 874563 www.conwyvalleyra.org.uk / www.ramblers.org.uk/conwy-valley

Conwy Voluntary Service Council

Developing, supporting and promoting voluntary and community action in the County of Conwy.

01492 534091 www.cvsc.org.uk/en

5 Top Tips to Wellbeing from MIND

Connect ...

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them.



North East Wales
Gogledd Ddwyrain
Cymru

[@NEWalesMind](https://twitter.com/NEWalesMind)
[Mind North East Wales](https://www.facebook.com/MindNorthEastWales)
[@mind_northeastwales](https://www.instagram.com/mind_northeastwales)



Carers Wales

Wellbeing Tip

Take time for yourself as a carer – you are just as important as the person you care for.

Wellbeing Activity

When things get tough, use YouTube to find a quick 5 minute mindfulness video to help, or play that song you used to drive your parents mad with when you were a teenager – really loud!



[CarersWales](https://twitter.com/CarersWales)
[Carers Wales](https://www.facebook.com/CarersWales)
www.carersuk.org/WALES
02920 811370
info@carerswales.org

Families First

Families First are a group of people who can support your family during a difficult time. We provide support to your family and work to ensure that all needs are met in a coordinated manner.

familiesfirst@conwy.gov.uk www.conwy.gov.uk/en/Resident/Social-Care-and-Wellbeing...

Haven of Light

The charity takes action against modern slavery, human trafficking and exploitation, through prevention, awareness raising, education, advocacy and support for survivors.

07929 777347 info@havenoflight.uk www.havenoflight.co.uk

ICAN Conwy

I CAN provides easy to access early support for people struggling with their mental health and wellbeing, reducing the need for referral to specialist NHS services. Through I CAN you can access help and advice on a range of issues that may be troubling you, including debt, relationship breakdowns, drug or alcohol problems, employment difficulties, bereavement, housing and loneliness.

01492 879907 conwymind.org.uk/how-we-can-help/the-hub

Reading Groups

Share your passion for reading with others, discover new authors or be inspired to try something different by joining our monthly reading groups.

01492 576139 library@conwy.gov.uk
www.conwy.gov.uk/en/Resident/Libraries-Museums-and-Archives/Libraries...

RSPB Conwy

A beautiful nature reserve to carry out birdwatching and enjoy lovely walks.

01492 584091 conwy@rspb.org.uk www.rspb.org.uk/reserves-and-events...

Together for Colwyn Bay

This project supports grass-roots community action with a focus on improving wellbeing and investing in the future. Through investments in events, facilities, green spaces, community initiatives, communication and more, the project focuses on empowering individuals and community groups.

georgiagwil@tapemusicandfilm.co.uk www.togetherforcolwynbay.org/get-involved
www.facebook.com/TogetherForColwynBay

Conwy Food Banks: www.conwyfoodbank.co.uk

Organisational links to the 5 ways of wellbeing:



Gwynedd

There are 20 organisations in this section who offer health/wellbeing support and activities for people in their local community. There are lots of other groups too, so if there is anything you cannot see on this page that interests you, please contact your local Social Prescribing service [Gwynedd Social Prescriptions](#) on 01286 672626 or 07940375467 who can signpost you to your activity / service requirement. You can always get in touch with Race Equality First too, and we can help you access any of these groups / services as well as assist with other needs you may have.

Abbey Road Centre – Bangor

Mental health and wellbeing centre – activities, one-to-one support, counselling services, therapies and training.

 01248 354888  ARC@abbeyroadcentre.co.uk  www.abbeyroadcentre.co.uk

Adferiaid (CAIS)

CAIS is a registered charity that seeks to help people make positive changes in their lives. These people may be affected by dependence, mental health problems, unemployment, offending as well as other life challenges.

 0345 061 2112  enquiries@cais.org.uk  www.cais.co.uk / www.adferiad.org.uk

Canolfan SSIE/ ESOL Centre, Grŵp Llandrillo–Menai

All levels, from beginner to advanced, part-time or full-time classes, learn in the daytime or evening, start any time, improve your English, gain Qualifications (Cambridge English, IELTS), find work / get help in your job, get into University and other College courses, help your children with school work, make friends, learn about Welsh culture.

 01248 383 347  esol@gllm.ac.uk  www.gllm.ac.uk/learn-teach-english

Carers Outreach Service

Support for unpaid Carers in Gwynedd, Conwy & Anglesey, helping you cope with your carer responsibilities. If you need information, support, or simply time to yourself, Carers Outreach is there for you.

 01248 370797  help@carersoutreach.org.uk  www.carersoutreach.org.uk

Creative Gwynedd

Voluntary organisation that aims to promote opportunities for taking part in and enjoying the arts. Opportunities to attend events, workshops, courses and all sorts of creative projects. Participate in drama, music, art and dance activities.

 01286 679721  post@gwyneddgreedigol.com  www.gwyneddgreedigol.com

Cwmni Byw'n Iach

Includes 11 different sized leisure centres based around Gwynedd – from Bangor down to Tywyn. They provide health and well-being opportunities for the residents of Gwynedd.

Further information about the 11 sites is available on www.bywniach.cymru/en

Family Information Service

Free, specialist information and guidance to residents about childcare, support services, young people and family matters.

 01248 352436 / 07976 623816  GGTGwyneddFIS@gwynedd.llyw.cymru  www.ggd.cymru

Felin Fach Centre – Pwllheli

Therapeutic services, socialise over lunch or a cuppa, assistance with benefits, housing and support.

 01758 701611  www.facebook.com/Canolfan-Felin-Fach-Centre-197541023595215

Gorwel – Llangefni

Support to women, men and children affected by Domestic Violence, and homelessness prevention services. Can offer support on benefits, grants and legal issues, safety, health issues, education, training, practical skills and children's issues.

 0300 111 2121  gorwel@gorwel.org  www.gorwel.org

Gwaith Gwynedd

Friendly advice and guidance, one-to-one support and mentoring to help individuals develop their skills to find training, volunteering and employment. Also supports with addressing complex obstacles faced by individuals, whether they be mental health, well-being or housing issues.

 01286 674698  gwaithgwynedd@gwynedd.llyw.cymru

 www.gwynedd.llyw.cymru/en/Residents/Residents.aspx

Gwynedd Community Arts

Supporting people to have access to, enjoy, and experience the arts, for the benefit of individual, society, economic and community well-being.

 01286 679721  celf@gwynedd.llyw.cymru

 <https://www.gwynedd.llyw.cymru/en/Residents/Leisure-parks-and-events...>

Gwynedd Libraries

Includes the loan of Reading Well: Mental Health self-help books, access to computers, support with digital/computer skills and host activities such as Colouring for Relaxation, Family, History Sessions, Craft Sessions and Reading Groups.

 01286 679463  llyfrgell@gwynedd.llyw.cymru

 www.gwynedd.llyw.cymru/en/Residents/Libraries-and-archives/Libraries-and-archives.aspx

Gwynedd Volunteer Centre (Mantell Gwynedd)

Provide advice and support to individuals who are interested in volunteering. Can help find volunteering opportunities in your local area, including support for individuals who have any additional support needs.

 01286 672 626  gwirfoddoli@mantellgwynedd.com  www.mantellgwynedd.com

Menter Fachwen

Supporting people with learning disabilities, offering work-based opportunities in social enterprises. Volunteering in conservation, catering, horticulture, joinery and care. Walking, climbing and canoeing is available to anyone working for them, or to any person approaching them for support. Locations in Fachwen, Deiniolen, Llanberis and Cwm y Glo.

 01286 872 014  cbee@menterfachwen.org.uk  www.menterfachwen.org.uk

The Mentor Ring, in partnership with Diabetes UK

Top Health Tip:

To explore new healthy foods, try out a theme tasting day! This is a great way to try new cuisines e.g. a Mexican food day, or different types of food e.g. a green food day offering apples, avocado on toast, or Thai Green Curry.

 02921 321 073

 info@mentorrying.org.uk

 mentorrying.org.uk

 [@thementorrying](https://twitter.com/thementorrying)

 [The Mentor Ring](https://www.facebook.com/TheMentorRing)

 [@thementorryingwales](https://www.instagram.com/thementorryingwales)



Tan Y Maen Mindfulness Tip

Watch the sky. When out walking or at home in the garden or just by the window, take 5 minutes to look at the sky. Take in the colours, the clouds and their shape, watch the birds, are they flying past, circling, hovering or are there no birds nearby? The sky is ever changing, no two skies are ever the same, even on a grey overcast day there are subtle changes of colour and depth. The sky doesn't judge itself, it just is, so try not to think of the sky as good or bad, it just is... and enjoy your 5 minutes of peace with the sky and move on to the rest of your day, trying to take the wonder of the natural world with you as you go about your day.



@tanymaen

Tan y Maen

Small Woods – Active Woods Wales's Woodland Activities Programme



Supporting the use of woodlands through activity sessions such as woodland craft, mindfulness, walking, bushcraft and fire-cooking. Sessions for adults who want to improve their health and well-being, and also families with young children.

07816 041570 actifwoodsgwynedd@smallwoods.org.uk www.smallwoods.org.uk

Sporting Memories Social Club



Open to anyone over 50 years of age who enjoys sports who can meet and reminisce. Includes opportunities to participate in physical activities and accessible sports.

01248 352436 / 07976 623816 emmajaynequaack@gwynedd.llyw.cymru

Tan Y Maen Health and Wellbeing Centre – Dolgellau and Blaenau Ffestiniog

Individual support, drop-in groups, therapy sessions, therapeutic courses, mindfulness sessions for reducing stress for individuals and carers experiencing problems with their mental and emotional health.

07964 858095 tanymaen@btinternet.com www.tanymaen.org.uk

Wild Elements



Connects people with nature in order to improve wellbeing, confidence, skills and aspirations. Jobs Club, Gardening Club, accredited training, general training and a range of volunteering opportunities for adults and young people.

07799 566533 info@wildelements.org.uk www.wildelements.org.uk

William Mathias Music Centre

Host a number of musical activities aimed at preserving and improving well-being, bringing people together to socialise in communities across Gwynedd.

01286 685230 post@cgwm.org.uk www.cgwm.org.uk

Y Dref Werdd



Community environmental project providing a service and resources for a broad range of needs which include support with well-being matters, ways to save money and energy in the home, volunteering and training opportunities, a variety of environmental projects and developing opportunities for young people in the local area.

01766 830082 yholiadau@drefwerdd.cymru drefwerdd.cymru/en/home

FOOD BANKS:

Bangor – 07425 307959 • Caernarfon – 07847 192896 • Pwllheli – 01758 612 023 • Bermo – 07973 914599

Organisational links to the 5 ways of wellbeing:



Denbighshire

There are 20 organisations in this section who offer health/wellbeing support and activities for people in their local community. There are lots of other groups too, so if there is anything you cannot see on this page that interests you, please contact your local Social Prescribing service [Denbighshire Community Navigators](#) on 0300 456 1000 who can signpost you to your activity / service requirement. You can always get in touch with Race Equality First too, and we can help you access any of these groups / services as well as assist with other needs you may have.

Age Connect North Wales Central

Aims to improve the quality of people's lives through community services, fostering independence, empowerment and wellbeing. Specialised in supporting people aged 50+ whilst offering a variety of ways of helping adults of all ages.

0300 2345 007 enquiries@acnwc.org <http://www.ageconnectsnwc.org/en/>

Adferiaid (CAIS)

CAIS is a registered charity that seeks to help people make positive changes in their lives. These people may be affected by dependence, mental health problems, unemployment, offending, as well as other life challenges.

0345 061 2112 enquiries@cais.org.uk www.cais.co.uk / www.adferiad.org.uk

Citizens Advice Denbighshire

We offer free and confidential advice and assistance on a wide range of issues, including but not limited to Benefits, Consumer, Debt, Employment, Housing, Immigration and all Relationship and Personal matters. Offices in Denbigh, Rhyl and Ruthin as well as several outreach locations. Call or visit the website for locations.

0808 278 7933 www.citizensadvice.org.uk/local/denbighshire/

Conwy and Denbighshire Mental Health Advocacy Service

An independent, confidential and free advocacy service for Young People and Adult Mental Health users.

01745 813999 / 03007701842 admin@cadmhas.co.uk cadmhas.com

Denbighshire Countryside Service

The team strive to improve and promote this special landscape, its wildlife and heritage. We manage over 32 Countryside Sites as valuable places for wildlife to thrive and for you to explore and enjoy – volunteering, walking, cycling and horse riding, family events, practical projects and more.

North Denbighshire: 01745 356197 / Clwydian Range and Dee Valley AONB: 01352 810614

South Denbighshire: 01978 869618 www.denbighshirecountryside.org.uk

Denbighshire Flying Start

To provide quality play and development experiences for you and your children. Supporting families to give children 0-4 years a Flying Start in life. Apply via the website.

www.denbighshire.gov.uk/en/childcare-and-parenting/flying-start.aspx

Denbighshire Leisure Ltd – Active Communities

Aims to provide accessible leisure opportunities which attract high levels of participation and improve the wellbeing of Denbighshire's residents. Offers community programmes in health, sport, arts, and leadership (some projects are free of charge, others have a small charge).

denbighshireleisure.co.uk/contact-us / denbighshireleisure.co.uk

Denbighshire Libraries

Libraries in Corwen, Denbigh, Llangollen, Prestatyn, Rhuddlan, Rhyl, Ruthin and St. Asaph.

 www.denbighshire.gov.uk/en/leisure-and-tourism/libraries/libraries.aspx

Denbighshire Voluntary Service Council

DVSC is a membership-based charity. Our mission is to build resilient communities through voluntary action and social enterprise, providing excellent support for our members and being an influential voice in Denbighshire and North Wales.

 01824 702441  engagement@dvsc.co.uk  www.dvsc.co.uk/home

Denbighshire Youth Service

The service supports young people aged 11 to 25 years, providing both universal and targeted interventions – alternative education programmes, centre-based provisions run through youth centres, community buildings and outreach, street games and more.

 01824 712716  youth.service@denbighshire.gov.uk

 www.facebook.com/DCCyouthservice/ / denbighshireyouthservices.co.uk

Families First

Families First are a group of people who can support your family during a difficult time. We provide support to your family and work to ensure that all needs are met in a coordinated manner.

 www.denbighshire.gov.uk/en/health-and-social-care/children-young-people-and-families...

Family Information Service (County Council)

Single point of access for information from childcare and early years education to fostering, adoption and more.

 01745 81589  <https://www.denbighshire.gov.uk/en/childcare-and-parenting...>

Morfa Gateway and Community Project

A community project developing a multi-use recreation area with wildflowers and wildlife a major part of the initiative. A relaxing place to visit and be with nature. Volunteer Hours – 11am–2pm every Thursday.

 admin@morfagateway.org.uk  morfagateway.org.uk

Nature for Health

This project is all about getting out into nature to benefit your physical and mental health. Come along to one of our free weekly activities. Whether it is a walk, practical conservation task or an arts and crafts workshop, there is so much you can get involved in.

 01824 708313 / 01824 712792  clwydianrangeaonb@denbighshire.gov.uk

 www.denbighshirecountryside.org.uk/nature-for-health/

www.denbighshirecountryside.org.uk/contact/

North and Mid Wales Law Clinic and ICAN Ynys Mon hub top tip

If a task seems overwhelming, break it down into smaller steps. This will help you see what parts you can do and what parts you may need some help with.

 lipsnorthwales@gmail.com  01407 882225



Rydw i'n cefnogi'r ymgyrch 'I CAN' I'm supporting the 'I CAN' campaign



Time to Change Wales Top Tip:

Don't be afraid to talk about mental health as talking can be a real lifeline and remember, sometimes it's good to ask someone twice if they are OK – as we often automatically reply 'fine' when really, we're not!

time to change
Wales
let's end mental health discrimination

amser i newid
Cymru
rhown ddiwedd ar wahaniaethu ar sail iechyd meddwl

 @TTCWales / @AINCymru

 @TTCWales / @AINCymru

 @timetochangewales

NEWCIS

The promotion of health, wellbeing and social inclusion of carers through the provision of flexible and free timely services.

 01745 331181  enquiries@newcis.org.uk  www.newcis.org.uk

North Wales Wildlife Trust

As well as visiting the several nature reserves there are also opportunities to be a conservation or admin volunteer.

 07948 402630  katy.haines@northwaleswildlifetrust.org.uk

 www.northwaleswildlifetrust.org.uk/take-action/volunteer

RCS – Rhyl City Strategy

We provide a range of integrated services aimed at supporting people to flourish in work- combining health and employment support to improve wellbeing and employability.

 01745 336442  hello@rcs-wales.co.uk  rcs-wales.co.uk/en

Vale of Clwyd Mind

Local mental health charity providing information, advice, counselling, support and activities for people struggling with mental or emotional health problems.

 01745 336787  enquiries@valeofclwydmind.org.uk  www.valeofclwydmind.co.uk

Vale of Clwyd Ramblers Walking Group

Local mental health charity providing information, advice, counselling, support and activities for people struggling Vale of Clwyd Walking Group is based in Denbighshire and is the local group of The Ramblers.

Booking details are given for each walk on the website: www.voc-ramblers.org.uk

Working Denbighshire (County Council)

Working Denbighshire offers free friendly advice and guidance, 1-1 support and mentoring to help individuals develop their skills, find training, volunteering and employment. Help is provided to anyone over the age of 16 years old who are in poverty, or at risk of poverty and require guidance with employment.

 01745 331438  working@denbighshire@denbighshire.gov.uk

 www.denbighshire.gov.uk/en/jobs-and-employees/working-denbighshire...

Vale of Clwyd Food Banks

Capel Mawr 07468 028 953 / Ruthin Town Hall Basement 07498292569

Wellbeing Activity from Single Parents Wellbeing: Naming your inner critic

We talk to ourselves in ways that we would never consider talking to a friend or even our children. These negative thoughts we have about ourselves are getting in the way of so many things. Would we ever say to our children or family half of the things we say to ourselves?

Think of these thoughts as a bully or a poisoned parrot on your shoulder. A bully lies to us. They want to keep us down, if it said do not do that, know that you can do it. The bully rarely gets it right. Know that what your inner critic is saying are just thoughts that you have, they are not facts. So, give yourself a break, be kind to yourself, think of the people that care for you and show you compassion. A friend would say 'of

course you are good enough.' Unlike your inner critic.

Now let's name that inner critic.

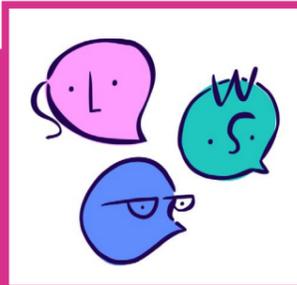
A way of breaking this rumination cycle and negative self-talk is to name this bully and poisoned parrot. Then when you notice the negative self-talk you tell that bully to go away firmly. Think of the first name that pops into your head, usually not someone you know or someone in your life. The name should be disconnected, for example not an ex.

- When you notice yourself ruminating and putting yourself down
- Say the inner critic's name and ask them to go away

- Then affirm yourself with 'these are thoughts not facts, I am enough, I am doing my best.'

When the inner critic gets really loud this is a sign that you need to slow down, do something for yourself, talk to a friend about these thoughts and take action to silence the inner critic.

- [@singleparentswb](https://twitter.com/singleparentswb)
- [@singleparentswellbeing](https://www.facebook.com/singleparentswellbeing)
- [@singleparentswellbeing](https://www.instagram.com/singleparentswellbeing)
- www.singleparentswellbeing.com
- amy@singleparentswellbeing.com



6 top tips to look after your mental health and wellbeing when staying at home.

The Mental Health Foundation

1. Move more every day

Being active reduces stress, increases energy levels, can make us more alert and even improves sleep for some. Read our guide on [keeping active](#) and visit [Every Mind Matters](#) for some ideas to get you started.

2. Try a relaxation technique

Relaxing and focusing on your breathing can help to alleviate tension and lighten negative emotions. A range of [relaxation techniques, including progressive muscle relaxation](#) are available from the NHS

3. Connect with others

Find time to keep in touch with co-workers, friends, family, and others to help you (and them) feel more connected. Explore ways of connecting that work for you. This could include video-calling,

WhatsApp, [written notes](#) or social media.

4. Take time to reflect and practice self-compassion

Make time every day to reflect on the positive aspects of your day - mindfulness techniques may also help you focus on the present rather than dwelling on unhelpful thoughts. We have a number of [relaxation and other digital exercises](#) on our website.

5. Improve your sleep

Aim to go to bed and get up at the same time each day to maintain a routine, and try to get some natural sunlight by opening curtains and windows and before bedtime. A range of [tips for improving sleep](#) can be found on our website and from [Every Mind Matters](#)



- [02921 679 400](tel:02921679400)
- walesMHF@mentalhealth.org.uk
- www.mentalhealth.org.uk
- [@mentalhealth](https://twitter.com/mentalhealth)
- [Mental Health Foundation](https://www.facebook.com/MentalHealthFoundation)
- [@mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)

6. Try to make time to connect with nature.

Being outdoors has a positive impact on mental wellbeing - even if it's a short walk around the block. If you struggle with having a safe space outdoors, try and find community groups that you can join. You can walk, birdwatch, plant flowers or vegetables or exercise with people you feel comfortable around.

More tips - you can find more tips for looking after your mental health [here](#).

The Mental Health Foundation's Covid Hub has lots of information, help and advice and is available 6 different languages: <https://www.mentalhealth.org.uk/coronavirus>

Welsh Women's Aid: Mental Health and Wellbeing Top Tip

Everyone's mental health is so important, we recommend that you focus on the things in your home that can contribute to keeping you calm and bringing joy. Sunlight and fresh air are great mood boosters so, if possible, spend time with the windows open and try to find a comfortable space in your home that attracts sunlight for sitting in and don't forget to keep in touch with those who are close to you and you can trust, whether over the phone or online!

Live Fear Free Helpline: [0808 80 10 800](tel:08088010800) / Call - Text - Live Chat - Email



Cymorth i Ferched Cymru
Welsh Women's Aid
Rhoi Merched a Phlant yn Gyntaf
Putting Women & Children First

24 hours 7 days a week Confidential Advice & Support

Telephone: [0808 80 10 800](tel:08088010800)

Text: [078600 77 333](tel:07860077333)

Live chat: [gov.wales/live-fear-free/domestic-abuse-wales](https://www.gov.wales/live-fear-free/domestic-abuse-wales)

Email: info@livefearfreehelpline.wales

Grace Lockhart - Rhos Community Cafe Mindfulness Activity

Quick Mindfulness and Meditation Introduction Activity
5 minutes

- Take a few moments to get away from all the noise and responsibilities of life
- Close the door
- Focus your attention on your surroundings and your own personal presence in the room
- Nothing else matters for 5 minutes
- Gently bring your attention to your breathe
- Take 5 steady and slow breathes
- Focus your full attention on the

breathe

- Leave the mind-chatter
- Focus on your breathe
- Focus on your body and gently relax your body
- Nothing else matters!
- Now you are focusing on the present moment
- Now you are disentangling from the endless cycle of thought
- This is the beginning of learning how to be present in your moment.
- The change is beginning....you are learning how to disentangle from stress...

For those of you who would like to join one of our sessions where we also learn how to connect to Heaven's healing and unconditional love, and cleanse out those toxic thoughts and emotions, please get in touch with Grace Lockhart at Rhos Community Café.

[f](https://www.facebook.com/RhosCommunityCafe) [Rhos Community Café](https://www.facebook.com/RhosCommunityCafe)

glockhart@fatherspalce.org.uk

[07931 791892](tel:07931791892)

VESTA - Wellbeing Tips



The family is at the heart of the lives of Polish people. Polish people like cooking for their families and are well known for their hospitality. Being away from family and friends in Poland can be very upsetting and depressing. To help, we suggest you:

- Ring a parent or grandparent and ask them for a recipe from your favourite childhood dish. Cook it yourself using their guidance and share your achievements with them by sending them photos or videos.
- Cook a meal with your family once a week, get everyone involved and praise each other for making an effort to make the meal a success.

A lot of Polish and Eastern European people have connections with the rural life, they might have grown up on a farm or visited their relatives there, had their own plots of land and grew their own vegetables or fruits, they may have spent a lot of time outdoors. Try to reconnect with nature and the rural life.

- Go for a walk with your friend; if they can't be with you physically, ring them while you walk.
- Bring nature to your home - grow a small fruit or vegetable plant in a pot and enjoy the taste of your own produce.

[f](https://www.facebook.com/VestaSFSCIC) [@VestaSFSCIC](https://www.facebook.com/VestaSFSCIC) [t](https://www.twitter.com/VestaCic) [@VestaCic](https://www.twitter.com/VestaCic)



Organisational links to the 5 ways of wellbeing:



Flintshire

There are 20 organisations in this section who offer health/wellbeing support and activities for people in their local community. There are lots of other groups too, so if there is anything you cannot see on this page that interests you, please contact your local Social Prescribing service [Single Point of Access Social Prescribing](#) on 03000 858 858 who can signpost you to your activity / service requirement. You can always get in touch with Race Equality First too, and we can help you access any of these groups / services as well as assist with other needs you may have.

Adult Social Services (County Council)

Social services for adults' single point of access.

03000 858858 spoa@flintshire.gov.uk www.flintshire.gov.uk/en/Resident/Social-Services...

ACNEW (Age Connects North East Wales) – Flint Office

Supports people over the age of 50 and their carers in having the best possible quality of life. ACNEW offers cleaning and shopping services, benefits advice and social activities. Available across Flintshire and Wrexham.

08450 549 969 info@ageconnectswales.org.uk ageconnectsnewales.org.uk

Adferiaid (CAIS)

CAIS is a registered charity that seeks to help people make positive changes in their lives. These people may be affected by dependence, mental health problems, unemployment, offending as well as other life challenges.

0345 061 2112 enquiries@cais.org.uk www.cais.co.uk / www.adferiad.org.uk

Children Social Services (County Council)

Help for children, young people and their families – advice, support, child protection, complaints and more.

01352 701000 / 0845 0533 116 www.flintshire.gov.uk/en/Resident/Social-Services...

Citizens Advice Flintshire

We offer free and confidential advice and assistance on a wide range of issues, including but not limited to Benefits, Consumer, Debt, Employment, Housing, Immigration and all Relationship and Personal matters.

0300 3302118 www.flintshirecab.org.uk

Deeside Ramblers Walking Group

Deeside Ramblers Walking Group is based in North East Flintshire, North Wales and is the local group of The Ramblers.

Booking details are given for each walk on the website: www.deesideramblers.org.uk/walks

D.A.F.F.O.D.I.L.S.

Provide leisure and recreational activities for disabled children and young people aged 0–25 years within Flintshire, and for their whole family.

01352 250147 daffodils@tiscali.co.uk

Empowering Communities Empowering Parents

Delivering sessions that are run by locally trained parents offering support and advice for many of the challenges faced as parents. For families with children between the ages of 2 – 11yrs. The sessions are an opportunity to meet other parents and share experiences, covering a range of topics from being a parent to helping children express their feelings.

07584 533111 flinshire.epcc@flintshire.gov.uk

Family First Service Flintshire

Family Information Services (FIS) are the first point of contact for advice and information on local services for families and carers. The FIS provide free, impartial help, support and advice on a range of family issues.

01352 703500 fisf@flintshire.gov.uk www.flintshire.gov.uk/en/Resident/Social-Services...

Flintshire Community Support Initiative

Central point of access for disabled people to increase independence and opportunity. In partnership with the Centre of Sign Sight Sound, the CSI provides information and advice on equipment and technology, as well as support and training around community involvement and transport options.

07985 217214 csi@leonardcheshire.org www.facebook.com/CSIFlintshireWales
www.centreofsignsightsound.org.uk/flintshire-community-support-initiative

Flintshire Flying Start – Connah's Quay Cheeky Cherubs

To provide quality play and development experiences for you and your children. Supporting families to give children 0–4 years a Flying Start in life.

01352 792700 flying.start.admin@flintshire.gov.uk [www.fis.wales/...](http://www.fis.wales/)

Flintshire Learning for Recovery and Wellbeing

Help improve your wellbeing while meeting new friends, developing confidence, and learning new skills with one of our activities and courses.

0777 645247 karen.griffith@flintshire.gov.uk <https://www.flintshirewellbeing.org.uk>

Flintshire Libraries

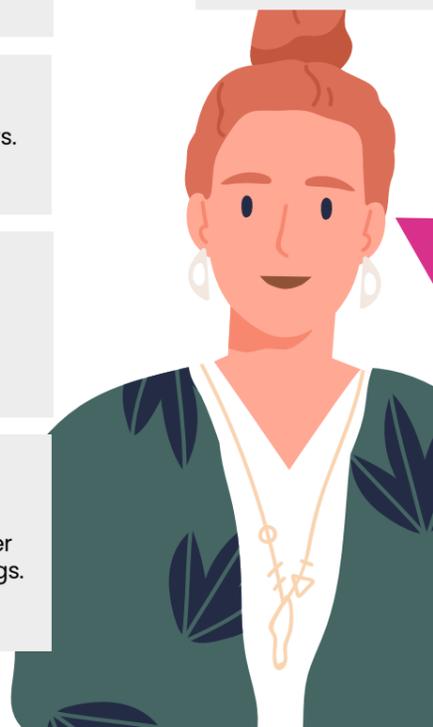
Libraries in Broughton, Buckley, Connah's Quay, Deeside, Flint, Holywell and Mold. Mobile and Home Library services also available.

www.aura.wales/libraries/libraries-and-contact-details/

Flintshire Local Voluntary Council

Provide advice and support to individuals who are interested in volunteering. We can help find volunteering opportunities in your local area, including support for individuals who have any additional support needs.

01352 744000 info@flvc.org.uk www.flvc.org.uk/en/



Stepping Stones Wellbeing Activity: 5, 4, 3, 2, 1

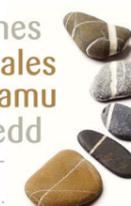
If experiencing a panic attack or anxiety, once you find your breath, going through the following steps may help to ground yourself:

- 5: Acknowledge FIVE things you see around you...
- 4: Acknowledge FOUR things you can touch around you...
- 3: Acknowledge THREE things you hear...
- 2: Acknowledge TWO things you can smell...
- 1: Acknowledge ONE thing you can taste.

Stepping Stones North Wales supports adults 18+ Survivors of sexual abuse in childhood, our specialist counselling and family support services are available throughout the whole of North Wales. www.steppingstonesnorthwales.co.uk

steppingstones
northwales
cerrigcamu
cymrugogledd

*we listen...
rydym yn gwrando...*



[@stepstonesnw](https://twitter.com/stepstonesnw)

[Stepplings Stones North Wales](https://www.facebook.com/StepplingsStonesNorthWales)

[@stepstonesnw](https://www.instagram.com/stepstonesnw)

Cymru Versus Arthritis Top Wellbeing Tip

Get outside, even just for 15 minutes, if you are unable to go far, sit in your own garden. If the weather is awful or you are unable to leave the house, watching videos of nature scenes or listening to nature sounds can induce a feeling of wellbeing and calm.

 [@CymruVArthritis](https://twitter.com/CymruVArthritis)
 [Cymru Versus Arthritis](https://www.facebook.com/CymruVersusArthritis)
 [@cymru_versus_arthritis](https://www.instagram.com/cymru_versus_arthritis)

**CYMRU
VERSUS
ARTHRITIS**

Holywell Leisure Centre

The centre offers variety of sporting and leisure activities.

 **01352 355 100**  contactus@holywelleisurecentre.com  www.holywelleisurecentre.com

MIND Mental Health Recovery Service

Local mental health charity providing information, advice, counselling, support and activities for people struggling with mental or emotional health problems.

 **01352 97 44 30**  enquiries@newmind.org.uk  www.newmind.org.uk

Nanny Biscuit

A multi-faceted project designed to identify, develop and embed a series of smaller community focused projects, initially in the North East Wales area, and all of Wales and beyond!

 **07726230989**  info@nannybiscuit.org  nannybiscuit.org

Outside Lives

At Outside Lives, our focus is to actively bring together members of the community. We connect people through shared interests, providing activities and events that support personal wellbeing and growth, whilst also celebrating and protecting our natural world.

 **07939 655 374**  outsidelivesltd@gmail.com  www.outsidelivesltd.org

Small Woods – Actif Woods Denbighshire and Flintshire

The charity provides cultural opportunities for people living in North Wales. You can get involve by participating in workshop, taking music lessons, joining the community cast of one of their shows, joining them for work experience or coming to see one of their shows. Wales largest producing theater offers several Arts and Health Programmes as well as Arts in the community programmes.

 **01745 710626**  actifwoodswrexham@smallwoods.org.uk

 www.facebook.com/ActifWoodsWrexham/

Theatr Clwyd – Mold

A charity that provides cultural opportunities for people living in North Wales. You can get involved by participating in workshops, taking music lessons, joining the community cast of one of their shows, joining them for work experience or coming to see one of their shows. Wales' largest producing theater offers several Arts and Health programmes as well as Arts in the Community programmes.

 **01352 344101**  box.office@theatrclwyd.com  www.theatrclwyd.com

Flintshire Food Banks

Deeside / Mold / Buckley / Hollywell / Flint / Connah's Quay / Saltney / Sealand / Shotton

01352 757235 or 07493514830 / info@flintshire.foodbank.org.uk / www.flintshire.foodbank.org.uk/locations

Organisational links to the 5 ways of wellbeing:

 **Take Notice**  **Connect**  **Be Active**  **Keep Learning**  **Give**

Wrexham

There are 20 organisations in this section who offer health/wellbeing support and activities for people in their local community. There are lots of other groups too, so if there is anything you cannot see on this page that interests you, please contact your local Social Prescribing service [Rainbow Centre](#) on 01948 830730 who can signpost you to your activity / service requirement. You can always get in touch with Race Equality First too, and we can help you access any of these groups / services as well as assist with other needs you may have.

ACNEW (Age Connects North East Wales)

Supports people over the age of 50 and their carers in having the best possible quality of life. ACNEW offers cleaning and shopping services, benefits advice and social activities. Available across Flintshire and Wrexham.

 **08450 549 969**  info@ageconnectswales.org.uk  ageconnectsnewales.org.uk

Advance Brighter Future – Wrexham

Charity offering services to support people experiencing poor mental wellbeing and promotes health, wellbeing and recovery in Wrexham and its local communities.

 **01978 364777**  info@abfwm.co.uk  www.advancebrighterfutureswrexham.co.uk

AVOW (Association of Voluntary Organisations in Wrexham)

AVOW's goal is to enable the Third Sector and volunteers across Wrexham County Borough to contribute fully to individual and community well-being. The association also supports a BME Community Support project and a BME Skills project.



 **01978 312556**  info@avow.org  avow.org

Caia Park Partnership Ltd – Wrexham

CPP works with individuals, communities and partner organisations to provide activities, services and facilities that meet identified community needs. It provides a wide range of activities for children, young people and older people, through [Advance Training and Consultancy](#), [The Hub Cafe](#), [Caia Crafts](#), a variety of youth clubs and more.

 **01978 310984**  caiapark.org.uk

Adferiaid (CAIS) – Wrexham

A registered charity that seeks to help people make positive changes in their lives. These people may be affected by dependence, mental health problems, unemployment, offending as well as other life challenges. There are three offices in Wrexham County Borough.

 **0345 061 2112**  enquiries@cais.org.uk  www.cais.co.uk / www.adferiad.org.uk

Dynamic – Wrexham

Provides out-of-school activities and a holiday programme for children and young people aged 8-19 years with disabilities.

 **01978 263656**  info@dynamicwrexham.org.uk  dynamicwrexham.org.uk

Hafan Cymru – Wrexham Office

This charity provides housing and support to vulnerable young people, women, men, and their families. It primarily works with those escaping domestic abuse, helping them regaining their independence.

 **01978 823123 / 08700130025 (out of hours)**  Maintenance@hafancymru.co.uk

 www.hafancymru.co.uk

Home Start Wrexham

This charity supports vulnerable parents through workshops, learning groups, donated baby equipment, specific programmes for women who experienced abusive relationships, and more.

 01978 36666  homestartwrexham@gmail.com  homestartwrexham.com

NEWCIS (North East Wales Carers Information Service)

Provides carer services – delivering information, one to one support, training and counselling – to carers who provide unpaid support to family or friends living in North-East Wales.

 01978 423114  enquiries@newcis.org.uk  www.newcis.org.uk

North-East Wales Chinese Women Association

A group of like-minded Chinese Ladies having recognised a need to provide support to women within their community have come together to form NEWCWA.

 www.facebook.com/NEWChineseWomen

Polish Integration Support Centre – Wrexham

This centre provides support to Polish migrant communities, encouraging active citizenship, education and wellbeing, with the goal to reinforce a positive relationship between the migrant community and the wider Welsh Wrexham society.

 07523 627826  piscwrexham@gmail.com  pisc.uk

Rhos Community Café – Rhosllanerchrugog

This Café focuses on cultural inclusion through engagement with various projects and food from other cultures. We work with organisations to provide activities for the local community as well as accredited and non-accredited courses and learning.

 07931 791892  glockhart@fatherspalce.org.uk  www.rhoscommunitycafe.org

Small Woods Wales – Actif Woods Wrexham

Runs a Wednesday walking group and woodlands programmes for health and wellbeing (walks, campfire cooking, craft activities, conservation activities, foraging and mindfulness).

 01745 710626  actifwoodswrexham@smallwoods.org.uk

 www.facebook.com/ActifWoodsWrexham/

Together Creating Communities

Through community organisation, we train people from our member groups to take action for themselves and become more active in public life.

 01978 262588  www.tcc-wales.org.uk

Tir Gwyllt (Wild Ground)

This organisation works to engage, inspire and enthuse local communities to act together to protect wildlife, and enhance habitats and eco-systems. It owns and manages sites throughout North Wales with the primary focus of protecting amphibians and reptiles specifically and offers volunteering to help with this mission.

 01978269568  info@wild-ground.org.uk  groundworknorthwales.org.uk/wild-ground

Visiting Warden Service (County Council)

This service aims to support people to live independently at home for as long as possible. It is available if you're over 60 and are still living in your own home – information, support and advice on wellbeing, health, social activities and all services available to you.

 01978 315 453 / 01978 315 460  housing@wrexham.gov.uk

 www.wrexham.gov.uk/service/housing-elderly-or-vulnerable/visiting-warden-service

Five ways to wellbeing – MS Society Tips

Five way to wellbeing, tips for living with MS and mental wellbeing. We asked people living with MS to share their top tips for wellbeing.

1 Connect

"When we're diagnosed with MS, we often want to hide away. If we're not ready to attend a support group or meet up with other people with MS, another way to connect is through social media".

2 Be active

"Taking a walk or spend time in the garden, find an activity that you enjoy and make it a part of your everyday life".

3 Keep learning

"Having MS is all about learning, learning to live and thrive with MS, and despite MS". There is learning all

around us and lots of online learning through the MS Society Website.

4 Give to others

"When diagnosed with MS, it can be hard learning to accept help. Accepting help from others doesn't mean we're not strong". Giving that support back also makes us stronger too and gives strength to the MS community.

5 Take notice

"MS is so unpredictable, I've learned to live each day as fully as I can and appreciate every moment".

Living with Multiple Sclerosis? MS Cymru is here to help!

Our Well Being Hub can support you to manage your mental health and wellbeing through our social activities, exercise and physiotherapy



 [MS Society Cymru](https://www.facebook.com/MSocietyCymru)

 02084 380700

 mssociety.org.uk

sessions. Whether you are newly diagnosed or living with advanced MS, we're here for you! These free services are available to anyone living with MS and their families in Wales.

Wisdom of Equus – Bwlchgwyn

This charity provides education and wellbeing sessions to adults and children using the energy, presence and natural appeal of horses to increase employability, assist with mental health, confidence and resilience.

 07725 754567  info@wisdom-of-equus.org  www.wisdom-of-equus.org

Wrexham Africa Community

This organisation aims to create bonds between the Africa Communities and the social, cultural and economic environment of Wrexham County Borough and North Wales.

 www.facebook.com/Wrexham-Africa-Community-WAC-109717620507028

Wrexham Family Information Service (County Council)

This service provides free information, support and guidance on all aspects of childcare, children and young people's services in Wrexham for families of children aged 0-19.

 01978 292094  fis@wrexham.gov.uk

 www.wrexham.gov.uk/service/childrens-social-care/childcare

Wrexham Islamic Cultural Centre

Umbrella organisation for Muslims living in Wrexham and the adjacent areas of North Wales. It provides religious, educational and cultural services and raises awareness about Islam in the wider community.

 01978 363379 / 07837 444005  wreshammuslims@hotmail.co.uk

 www.facebook.com/wrexhammuslim / wrx.cictr.org

FOOD BANKS: Cefn Mawr, Gwersyllt, Wrexham & Llay – 07538 547971

Health, Wellbeing and Mindfulness Organisation Contributors

All of these organisations have provided a featured hint, tip or activity throughout this booklet to improve your mental health and wellbeing. They all offer a support service for people living in the six local authorities in North Wales, and most provide this service across the rest of Wales and the UK too.

Age Cymru

We're Age Cymru. We work at a national and local level to provide a range of vital services and support to improve the lives of older people in Wales. We provide Advice. We support Independence. We combat loneliness.

British Heart Foundation

Our vision is a world free from the fear of heart and circulatory diseases. We raise money to research cures and treatments, so we can beat heartbreak forever.

Cares Wales

Carers Wales is a campaigning organisation for unpaid carers our mission is to make life better for carers by giving expert advice information and support, connecting carers so no one has to care alone, campaigning for lasting change and innovating to find new ways to reach and support carers.

Cymru Versus Arthritis

We are here to make sure people with arthritis in Wales have all of the support and information they need to live well with their condition and to ensure that the needs of people with arthritis are a priority with policymakers in Wales. We run a number of different services for people of all ages with arthritis, ranging from activity sessions for young people to practical support and information for those with arthritis.

Diabetes UK Cymru

We work to raise awareness, improve care and provide help, support and information for people living with diabetes and their families across Wales. More than 209,015 people in Wales are now living with diabetes. This is 8% of the population aged 17 and over, the highest prevalence in the UK.

ICAN Ynys Mon hub and North and Mid Wales Law Clinic

We provide free, confidential, and impartial advice for employment, family, and power of attorney/ community care law. We support clients to represent themselves in a court or tribunal if they

are not eligible for Legal Aid and they cannot afford legal representation due to low income. Our clients can also receive emotional support from our ICAN advisers who offer a non-judgemental listening service.

Mind

Information and advice, counselling, wellbeing groups and activities, eco-therapy, mindfulness and self-awareness training, but most of all a listening ear.

MS Society Cymru

Provide emotional, befriending and one to one support. We give information and support on employment rights and benefits; ways to manage your MS; accessing treatments; health, social care and housing services.

Rhos Community Café

We focus on cultural inclusion through engagement with various projects and food from other cultures. We work with organisations to provide activities for the local community as well as accredited and non-accredited courses and learning.

Single Parents Wellbeing

Compassionate, positive, and empowering approach to being a single parent with a focus on mental health. We have lots of workshops, meet-ups and resources available for single parents living in Wales.

Stepping Stones North Wales

We support adults 18+ who are survivors of sexual abuse in childhood. Our specialist counselling, information and support services are available throughout the whole of North Wales. We are a charity and our services are available to men and women at no cost, individuals can self-refer or be referred by a friend or medical professional. "We Listen".

The Mental Health Foundation

We take a public mental health approach to prevention, finding solutions for individuals,

those at risk and for society, in order to improve everyone's mental wellbeing. We do this through Community and Peer Programmes, Research, Public Engagement and Advocacy.

The Mentor Ring

The Mentor Ring's mission is to provide mentoring support and guidance to people of all ages and backgrounds, helping them to overcome significant barriers to social inclusion.

Tan Y Maen Health and Wellbeing Centre - Dolgellau and Blaenau Ffestiniog

Individual support, drop-in groups, therapy sessions, therapeutic courses, Mindfulness sessions for reducing stress for individuals and carers experiencing problems with their mental and emotional health.

Time to Change Wales

We are the national campaign to end the mental health stigma and discrimination faced by people in Wales. We want to improve knowledge and understanding about mental illness and, most importantly of all, get people talking about mental health. The Time to Change Wales campaign is delivered by a partnership of two leading Welsh mental health charities, Hafal and Mind Cymru, and is funded by Welsh Government

VESTA

Vesta Specialist Family Support CIC offers specialist services to Polish families around domestic abuse, parenting and mental health.

Welsh Women's Aid

An umbrella organisation for 22 violence against women, domestic abuse, and sexual violence specialist services across Wales. We lobby for changes in legislation, support members to embed quality practice through Quality Standards, deliver the 'Live Fear Free' helpline and train specialist services to provide a high quality, best practice approach to supporting survivors of abuse.

Other Support Services and Organisations

Here we have listed further [Information for Ethnic Minority Communities in North Wales](#) and other relevant support services and organisations across the region.

ACE (Change, Grow, Live):

Help BME and migrant adults aged 25 or over with employment issues – help with job searches, CV writing, interview skills and job applications.

Adult Learning Wales:

Promote active citizenship and skills development through providing access to education from Pre-entry Level learning to Level Four qualifications.

Agoriad:

Develops employment possibilities for disabled and disadvantaged people through North and Mid Wales.

Alcoholic Anonymous (Wales and Borders Region):

If your drinking has reached the point where it is a worry for you, you may be interested in the AA programme of recovery from alcoholism.

Alzheimers Society:

Are the UK's leading dementia charity. We support children, adults and families living with autism to help them get the help they need.

Barnardos:

We protect, support and nurture the UK's most vulnerable children and help hundreds of thousands of children, young people, parents and carers.

BAWSO:

Provide practical and emotional support to Black and Minority Ethnic (BME) and migrant victims of domestic abuse, sexual violence, human trafficking, Female Genital Mutilation and forced marriage.

Body Positive Cheshire and North Wales:

Cheshire based charity working for and with anyone who has issues with or wants to improve their sexual health or sexuality.

Boys' & Girls' Clubs of North Wales:

Youth organisation that assists in the process of moral, cultural, mental and physical development of young people.

British Red Cross:

Helps people in crisis, wherever and wherever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies.

CAB Discrimination Service:

Free, confidential, independent helpline providing advice and support for those experiencing workplace problems (unfair treatment, discrimination).

Carers Trust North Wales

The leading provider of emotional and practical support to unpaid carers in North Wales.

Carers Wales:

Information and advice for carers.

Children in Wales:

National umbrella body for organisations and individuals who work with children, young people and their families in Wales.

Chwarae Teg:

Support women to ensure that in Wales they can enter the workplace, develop their skills and build rewarding careers.

CLPW C.I.C. (Portuguese Language Speaking Community - Wrexham):

Promotes Portuguese speaking community's integration, its links with the other communities and its culture within North Wales.

Cruse Bereavement Care (Wales):

Support, advice and information for bereaved people in Wales, England and Northern Ireland.

DAN 24/7 (Wales Drugs and Alcohol Helpline):

Free and bilingual telephone helpline providing further information and/or help relating to drugs and/or alcohol for anyone in Wales.

Elite Jobsense:

Agency that enables adults with any disability or those at disadvantaged to access, obtain and maintain paid employment.

EYST:

Provide a targeted, culturally sensitive and holistic support service to meet the needs of young BME people aged 11-25.

Fresh Air Fridays:

Fresh Air Fridays takes people outside so they feel good on the inside! This is through innovative programmes, creating space for people to explore different aspects of their lives and teaching tools and techniques that support mental and emotional wellbeing.

Gam Care:

Helpline which provides confidential information, advice and support for anyone affected by gambling problems in England, Scotland and Wales.

GISDA:

Provides intensive support and offer opportunities to vulnerable young people between 16 & 25 years old in North Wales.

Groundwork North Wales:

Supports vulnerable people facing multiple challenges by offering training, creating better places and promoting greener choices through their projects and services.

Adfeiriad (Hafal):

Supports people with mental health problems, their carers and families.

Llandrillo Menai Group:

Equips people in North Wales with skills and qualifications through a range of courses.

Luv 2 Meet U:

Friendship and dating agency for people with a learning disability or autism aged 18 and over.

Marie Curie:

Provides care and support for more than 3,500 people living with a terminal illness in Wales each year.

Mencap Cymru:

Makes sure people with a learning disability can live the lives they choose, by lobbying official authorities, working with schools, police and hospitals, supporting and advising people with a learning disability.

Men's shed Cymru:

Men's Sheds are social groups or enterprises set up in local communities for the benefit of men. There are over 70 sheds across Wales.

Mudiad Meithrin:

Provide Welsh medium early years care and education.

Music and the Muse:

Group of arts practitioners experienced in leading creative workshops, community projects and 'arts in health' events in Wales.

NSPCC:

Support to children, families and professionals in caring for children and provide therapeutic assistance to help children move on from abuse.

NWAMI (Networking for World Awareness of Multiculturalism):

Community interest group that raises awareness of multicultural integration through education and cultural engagement.

North Wales Africa Society:

Friendship and community organisation that strives to achieve an inclusive society through focusing on social education and business issues of mutual interest between Wales and Africa.

North Wales Chinese Association:

Non-political, non-religious organisation to serve and represent the interests of the members of the Chinese community.

North Wales Filipino Association:

Supports the Filipino Community living in North Wales in migration, education, disability and other issues.

North Wales Jamaica Society:

Friendship group welcomes anyone who has an interest in or links with Jamaica, that supports and creates links between the Welsh and Jamaican culture.

North Wales Police Black and Asian Police Association:

Network supporting minority ethnic police members in their workplace.





NWREN (North Wales Regional Equality Network):

Network challenging discrimination of all kinds, promoting harmony and working towards equality of opportunity for all minority groups in North Wales.

North Wales Wildlife Trust:

Manages the 36 nature reserves in North Wales, protect and collect wildlife sites across the county and inspire local communities and young people to care for wildlife where they live.

Parabli:

Short-term therapeutic interventions to help your mental health - offers counselling and therapeutic groups.

Parkinson's Cymru:

Supports people with Parkinson's, their family, friends and carers. One-to-one support is available as well as local groups and activities you can attend.

Race Council Cymru:

Umbrella organisation that facilitates and manages events, projects and activities to promote race equality, integration and justice in Wales.

Ramblers Cymru:

Gives current and potential walkers a helping hand. We enable and organise group walks led by walk leaders across Britain.

RASASC:

Rape and Sexual Abuse Support Centre (RASASC), North Wales provides information, specialist support and therapy to anyone aged 3 and over who has experienced any kind of sexual abuse or violence.

Remploy:

Helps you with your job search, and if you are not ready to move into work straight away, helps you learn new skills and overcome challenges that you may be experiencing.

RNID:

Support people in Wales that are deaf or have hearing loss or tinnitus.

RSPB North Wales Local Group:

Supports the work of the Royal Society for the Protection of Birds in North Wales - conservation, education and fundraising.

Snap Cymru:

Provides information, advice and support for parents, children and young people who have, or may have, special educational needs or disabilities.

Tai Pawb:

Enables people to have equal chances by working with organisations to reduce prejudice, disadvantage and poverty related to housing.

TGP Cymru (Tros Gynnal Plant):

Charity working with some of the most vulnerable and marginalised children, young people and families in Wales.

The Outdoor Partnership:

Promotes outdoor activities as a life-long pursuit through volunteering, education, participation, training and employment.

The Autism Directory:

A charity supporting children, adults and families living with autism to help them get the help they need.

The Wallich:

Homelessness support and prevention charity that operates under three core objectives: getting people off the streets; keeping people off the streets; and creating opportunities for people

Victim Support:

Independent charity that gives emotional and practical help to people who have been affected by crime, their friends, family and any other people involved.

Viva LGBTQ+:

Provides help across North Wales to youth groups and offers support for young people aged 14 to 25 identifying as lesbian, bisexual, trans or those who aren't sure yet.

Welsh Athletics:

National governing body for Athletics in Wales which supports clubs and their members to ensure there are safe, fun and accessible opportunities for all to participate in athletics.

Welsh Blood Service:

Collects voluntary, non-remunerated blood donations from the general public. These donations are processed and tested before distribution to hospitals where they support patient care.

Welsh Cycling:

National governing body of cycling in Wales whose mission is to encourage more people to cycle and give you the best opportunities to do so.

Welsh Triathlon:

National Governing Body for Triathlon in Wales who promote excellence and create opportunities for everyone to achieve their personal triathlon challenges.

WISP Dance Club:

Acting in North Wales, WISP creates a safe and inclusive environment for young people living with Additional Needs aged 11-25 to dance together.

Youth Justice Support Service (NWH):

Housing project from North Wales that provides dedicated housing related support to young people aged 14 - 18 engaged with the Gwynedd & Ynys Mon Youth Justice Services.