

AUTUMN NEWSLETTER

TENANCY SUPPORT



Our Tenancy Support Service offers floating advice and support to individuals to manage their existing accommodation which prevents them from becoming homeless. This is short term support, enabling individuals to become independent and in control of their day-to-day life, by positively engaging with our support through managing their money, engaging within the community, and having the practical skills to live independently.

We Support people to engage with something meaningful to them and that contributes to their wellbeing. We also act as a 'bridge' to access other services which can enhance their day-to-day life.

Upon our initial meeting, together, we establish a support plan where we commit to setting out goals and outcomes with you. This is then reviewed accordingly to your needs.

Referrals can be made through agencies or by contacting us and completing an initial assessment.

Alternatively, we offer a drop-in tenancy support service on the 1st Wednesday of every month between 10am-1pm where we can offer advice.

HELLO/ CROESO!

Croeso/ Welcome to our periodic newsletter. Another way of letting you know some key events. Remember that you can sign up to be on our electronic mailing list by emailing us, speaking to your support worker or scanning the QR code below.



With the start of our new contract, we are continuing to develop new groups and ways of working with you all. our new Life Skills courses being a great new start to our new range.

More details on the next page

GROUPS

Monday  Creative Hub

Tuesday  Art Club (am) Craft Club (pm)

Wednesday  Drop In (pm) *

Thursday  Life Skills Courses

Friday  Drop In (pm) *

* Drop In details on social media or speak to your support worker

COMING SOON

Coffee Morning

A two hour session to make friends and receive peer support



For more information and to sign up to any of the wellbeing groups, please get in touch.



01970 626225



info@mindaberysatwyth.org



www.mindaberystwyth.org



@mindaberystwyth

5 Ways to Wellbeing

As part of your unique support plan with us, we are utilising the 5 Ways to Wellbeing which are a set of simple and practical actions we can all do to improve our mental health and give our wellbeing a boost. We are encouraged to think about how often we do these five actions- on a daily, weekly or monthly basis. We'll help you to do this and keep reviewing your progress, and recovery pathway.

Take a look at the website below for more details of the 5 ways to wellbeing:

 <https://bcuwb.nhs.wales/health-advice/five-ways-to-wellbeing>.



NEW LIFE SKILLS COURSES

In partnership with Adult Learning Wales, we will be running a series of new life skills courses through November and December.

-  **Resilience Skills**
16th November
-  **Confidence Building**
23rd November
-  **Emotion Health and Wellbeing**
30th November
-  **Anxiety Management**
7th December
-  **Managing Stress**
14th December
-  **Assertiveness**
21st December

Courses are from
10am-3pm
at Arad Goch,
Aberystwyth

OTHER NEWS

Please note, we are moving our timetable of groups around every quarter/ twelve weeks.

We want to make our groups accessible to everyone and offering different days and times for existing groups, is just one way we hope to attract new people to access support.

Follow us on Facebook, Instagram and stay up to date with our website to receive the latest information.

Useful Contacts



Gorwellion
01970 615448

open Mon-Fri 9-5



C.A.L.L helpline
0800 132 737
or text 81066

open 24/7



Samaritans
116 123
jo@samaritans.org

open 24/7



NHS
111
choose option 2

open 24/7