

WINTER NEWSLETTER

HELLO/ CROESO!

Croeso/ Welcome to our quarterly digital newsletter. Another way of letting you know the latest updates at Mind Aberystwyth.

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. You can also stay up to date by following us on social media.



Scan here!



@mindaberystwyth

WINTER WELLBEING

The winter months can be difficult for many of us who struggle with our mental health. Seasonal affective disorder (SAD) is a type of depression that usually happens at the same time of every year. Changes during autumn and winter, such as fewer hours of daylight and gloomy weather, can negatively impact your mood. The darker days can disrupt your body's internal 'clock' and affect the parts of your brain that make your mood-regulating hormones.

You may feel anxious, lethargic or irritable and have low mood or difficulties concentrating, waking up and socialising. Whether your depression is seasonal or not, here are some tips that may help you with the winter blues...

- ✿ Make the most of the daylight and get outdoors if and when you can
- ✿ Keep a diary of your SAD triggers and symptoms to help you recognise what to avoid and how to manage your feelings
- ✿ Try and keep a balanced diet and drink lots of water to keep your brain hydrated and energised


GROUPS THIS QUARTER


- Monday** Creative Hub
- Tuesday** Art Club 10-12
- Wednesday** Drop in (pm)*
- Thursday** Life Skills Courses
- Friday** Craft Club 10-12

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


COMING SOON

- ✿ **Service User Forum**
Wednesday 28th February
1-3 pm
Arad Goch, Bath Street
- ✿ **NEW Coffee Morning** **FREE**
Wednesday 13th March
10-12 pm
Home Cafe, 11 Pier Street, Aberystwyth
Have a hot drink, chat with peers, make friends.

 01970 626225

 info@mindaberystwyth.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://bcuhb.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 from January through to June. Get in touch to sign up!

-  **Anxiety Management**
22nd February
-  **Assertiveness**
14th March
-  **Managing Stress**
11th April
-  **Resilience Skills**
2nd May
-  **Confidence Building**
23rd May
-  **Emotion Health and Wellbeing**
13th June

Courses are from
10am-3pm


Please get in
touch for
location details

OTHER NEWS

Mind Aberystwyth's 20th Anniversary!

This year, we are celebrating our 20th Anniversary as a part of the town and community!

We would love to hear your memories of our groups or events that you've attended over those years. If you have any stories or photographs of our old offices, venues or events, then please share them with us.

 Send a copy to us at info@mindaberystwyth.org

For a printed copy of this newsletter, please send us a request by emailing info@mindaberystwyth.org

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

For a mental health crisis, contact your GP, call 999 or visit your nearest Accident and Emergency