

September - December
2024

Flintshire Learning for

Wellbeing Programme

Courses

Groups

Skills

Activities



SCAN ME

www.flintshirewellbeing.org.uk



These courses, groups and activities are FREE to attend for people who are over 18 and their carers who live in Flintshire and are affected by their mental wellbeing.

My name is Charlotte James and I am the Training Support Worker. Feel free to email or contact me on the number below. I will be happy to talk through your options, book you on a course, group or activity, or organise support to help you attend. If you are unable to attend a course, please let me know so other people can have the space.

Call or Text: **07826 902206**

Email: **info@flintshirewellbeing.org.uk**

Contents

Courses from Flintshire MH Support Services	3 - 12
Courses from Outside Lives	13 - 14
Courses from ABF	15 - 19
Courses from North East Wales Mind	20 - 22
Courses from Aura	23 - 26
Courses from ACL	27 - 29
Courses from KIM	30 - 34
Drop-in's from Citizens Advice Flintshire	35 - 36
Courses from BCUHB	37
Directory	38 - 39

Mosaic Art

Mosaics

Fancy learning how to create using Mosaics? During this Mosaic Art session you will learn how to prepare, decorate, complete and take home with you a beautiful piece of art.



Date: Tues Sept 17th
Time: 11.00am - 1.00pm
Venue: Shotton

Creative Jar Art

Be Creative

Use your imagination and creativity to make a beautiful silhouette jar that is uniquely yours. A creative and versatile way to decorate your home by transforming a simple jar into a beautiful piece of art.



Date: Wed Sept 18th
Time: 10.00am - 12.30pm
Venue: Shotton

Flowers & Foliage

Create an eye-catching floral frame using various flowers and foliage. A great way to show off any picture or simply display them around the home.



Date: Thurs Sept 26th
Time: 10.00am - 12.00pm
Venue: Shotton

Sugarcraft Cupcakes



Date: Wed Oct 2nd
Time: 10.00am - 12.00pm
Venue: Shotton

Come and Create

Learn sugarcraft and decorate Halloween themed cupcakes. All cakes are presented in a box & tied with a ribbon.

Picture Art Candles



Date: Fri Oct 11th
Time: 10.00am - 12.00pm
Venue: Shotton

Candles

In this session you will learn how to create a personalised candle, display and wrap it to look professional. Come and learn how to create a beautiful gift or keep for yourself.

Autumn Garland



Date: Wed Oct 16th
Time: 10.00am - 12.00pm
Venue: Shotton

Crafting

Get inspired and create a gorgeous Autumn Garland for your home this season. When it comes to autumn décor, colours play a crucial role in creating an inviting atmosphere. Using felt and other simple materials, create a vibrant garland to bring Autumn colours indoors.

Stone Art

Pebbles & Stones

Join us for a Halloween themed stone art session.

With the emphasis on enjoying the process rather than the outcome, you can explore your imagination or use examples to make your creation. Take some time out to paint and chat with a likeminded group and take your creations home for your garden or home.



Date: Wed Oct 23rd
Time: 10.00am - 12.00pm
Venue: Shotton

Pumpkin Carving

Ready for Halloween?

It's almost Halloween! Come along and get creative - carve your own unique pumpkin to take home! All pumpkins and equipment provided.



Date: Fri Oct 25th
Time: 10.00am - 12.00pm
Venue: Shotton

Dried Flower Panel

Dried Flowers

Discover the beauty of dried flowers by creating your very own, unique dried flower panel. Take this home with you and hang where you wish.



Date: Tues Nov 5th
Time: 10.00am - 12.00pm
Venue: Shotton

Women's Aid Talk

women's aid
until women & children are safe

Date: Mon Nov 11th
Time: 1.00pm - 3.00pm
Venue: Shotton

Ask Me

The session will focus on Ask Me which is a community based scheme. We want to help end abuse by supporting communities to give a better response to survivors but also to be proactive in finding ways to challenge unhelpful myths, attitudes and stereotypes that enable and normalise abuse.

Woolly Experience



Date: Fri Nov 15th
Time: 10.30am - 12.00pm
Venue: Mold

Alpacas

They say that laughter is the best medicine, add in some alpacas, mini donkeys, sheep and therapy chickens and you've got yourself a comedy show! We believe that a well-balanced life is like a perfect recipe, and our secret ingredient? Animal therapy! Transport may be available, please contact Charlotte for more information

Felt Coasters



Date: Thurs Nov 21st
Time: 10.00am - 12.00pm
Venue: Shotton

Sewing

These adorable felt coasters are a fun, yet simple craft project. Using various coloured felt, imagination and with a little sewing you will create lovely coasters to take home with you and use.

Stone Art

Pebbles & Stones

Join us for a Christmas themed stone art session.

With the emphasis on enjoying the process rather than the outcome, you can explore your imagination or use examples to make your creation.

Take some time out to paint and chat with a likeminded group and take your creations home for your garden or home.



Date: Tues Nov 26th
Time: 10.00am - 12.00pm
Venue: Shotton

Christmas Wreath

Floristry

Come along and make a traditional style holly wreath. Guidance will be given and decorations provided. Please book early to avoid disappointment



Date: Tues Dec 3rd
Time: 10.00am - 12.00pm
Venue: Shotton

Tote Bags & Coasters

Create and Paint

Come along, take a bag and grab some paint. We have various templates to copy or you can create your own design.

Take your bag & coaster home with you.



Date: Fri Dec 6th
Time: 9.30am - 11.30am
Venue: Shotton

Yule Log



Date: Tues Dec 10th
Time: 10.00am - 12.00pm
Venue: Shotton

Come and Create

Discover the enchanting tradition of creating a Traditional Yule Log. Embrace the spirit of winter by creating a symbol of warmth and light using natural, locally sourced materials. This makes a wonderful, seasonal, centre piece.

Pin Embroidery



Date: Wed Dec 11th
Time: 10.00am - 12.00pm
Venue: Shotton

Book Marks

Ever fancied trying your hand at Pin Embroidery? If so, come along to our session where we will create a pin embroidered book mark. Take your completed work home with you.

These Activities and groups are provided by Flintshire County Council Mental Health Support Services.
To book onto any of these courses contact Charlotte on:

Call or Text: **07826 902206**
Email: info@flintshirewellbeing.org.



Monday Drop-in

Tea and Biscuits

Join Social Links at Hope Parish Church every Monday at 1.30pm for a brew and a chat.

Everyone welcome, no need to book.



Date: Mondays
Time: 1.30pm - 3.00pm
Venue: Hope Parish Church, Hope

Tuesday Drop-in

Connect with Others

Join Social Links at Mold Tyddyn Street Church every Tuesday at 10.30am for a brew and a chat.

Everyone welcome, no need to book.



Date: Tuesday
Time: 10.30am - 12.30pm
Venue: Tyddyn Street Church, Mold

Wednesday Drop-in

Let's Have a Catch-up

Join Social Links at Shotton Rivertown Church every Wednesday at 10.00am for a brew and a chat.

Everyone welcome, no need to book.



Date: Wednesday
Time: 10.00am - 12.00pm
Venue: Rivertown Church, Shotton

Flint Drop-In



Date: Every Friday
Time: 12.00pm - 2.00pm
Venue: Flint Library, Flint

Biscuits!

Come along for a hot brew and refreshments at Flint Library every Friday afternoon. Everyone welcome, no need to book. Run in partnership with North East Wales Mind

Flint Chess Club



Date: Every Friday
Time: 2.00pm - 3.00pm
Venue: Flint Library, Flint

Let's Play

Come and join us at Flint Library for a game of chess whilst making new friends. Everyone welcome, no need to book. Run in partnership with North East Wales Mind

Craft Group



Date: Mondays
Time: 10.30am - 12.30pm
Venue: Deeside Enterprise Centre, Shotton

Crafty Crafty!

Join Social Links at the Enterprise Centre every Monday from 10.30am for a fun filled morning creating beautiful things. Everyone welcome, no need to book.

Football Group



GOAL!

Football with Social Links is the perfect opportunity to get fit and socialise with others who enjoy the beautiful game.

Everyone welcome, no need to book.

Date:	Wednesdays
Time:	2.00pm - 3.00pm
Venue:	Deeside Leisure Centre, Queensferry

Twitching

Have an interest in bird watching? Come and join us for an afternoon at Connah's Quay nature reserve, the reserve is situated on a strip of land approximately one mile long on the south side of the Dee estuary. There are five hides with one having two storeys.

A great opportunity to meet others whilst enjoying the wildlife.

Limited spaces so book early!

Bird Watching at The Hide



Date:	Early October
Time:	TBC
Venue:	Connah's Quay

Shuttlecocks & Paddles

Come and join Social Links at Deeside Leisure Centre for a game of Badminton or Pickle ball. Come and have some fun and socialise.

Everyone welcome, no need to book.

Pickle ball / Badminton



Date:	Thurs Oct 2nd
Time:	11.00am - 12.00pm
Venue:	Deeside Lesure Centre

Golf Driving Range



Date: Thurs Oct 24th
Time: 1.00pm - 2.00pm
Venue: Chester Road, Bretton

Hole in One

Come and join Social Links at Chester and North Wales Golf Academy, Chester Road (Saltney straight), Bretton. Come and hit some golf balls and socialise. There will be a small cost regarding this event.

These Activities and groups are provided by Social Links.

To book a place or for more information contact

Stephen Bibby on:
07787 284748 or

Kev/Sarah on:
01244 810185

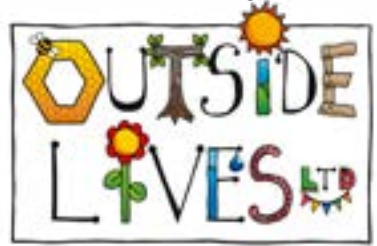


Join our regular 'Community Socials' every Monday, Tuesday, and Wednesday at various locations. Each day has a different theme, ensuring there's something for everyone. Our 'Pop-up' events include exciting projects like food-sharing events, tree planting days, woodland walks, and pop-up cinemas.

These happen at our HQ and various locations, providing fun and creative opportunities.

07939655374

outsidelivesltd@gmail.com



We're on a Mission

We'll be rolling up our sleeves and making a difference. Whether you're a seasoned volunteer or new to the scene, we welcome you with open arms! these will be drop-in sessions so come for as long as works for you! And don't worry, there'll be plenty of time for brews and good company. It's not just about the work, it's about building connections with like-minded individuals and creating a strong, supportive team.

Mondays With a Mission @ Ty Calon



Date: Mondays
Time: 10.00am - 4.00pm
Venue: Ty Calon, Queensferry

Try Something New

There are various activities in the morning, including performance, podcasting, story telling, and our happy to chat crew. We all have lunch together cooked by our Grub Hub volunteers at 12pm. In the afternoon there's a crafty or creative activity and we can also go for a walk. No Need to book. Free parking.
Lunch main course is £3

Magic Mondays



Date: Mondays
Time: 9.30am - 3.00pm
Venue: Parkfields Community Centre, Mold

Tuesdays at HQ



Date: Tuesdays
Time: 10.00am - 2.00pm
Venue: Gwernymynydd Site

Outdoors

Gardening, helping maintain our site, our handy and capable team up cycle and upgrade projects all around the site and we often go for walks. We all bring our packed lunches together and at 12pm have a group lunch.

It's free to attend and take part in the activities.

Wonderful Wednesdays



Date: Wednesdays
Time: 10.00am - 2.30pm
Venue: Mold Rugby Club

Activities

In the morning, we have arts and craft activities. We also have a games table, and there's always people happy to just sit, chat and have a drink.

At 12pm we have lunch cooked by our Grub Hub volunteers.

In the afternoon there is a body and soul session of low impact / chair activities, Makaton songs and a quiz. Lunch is £3 for a main course

Advance Brighter Futures (ABF) is an award-winning charity enhancing mental health in Flintshire & Wrexham. We offer tailored services like self-advocacy, parental support, and more. Contact us at **info@abfwxm.co.uk** or **01978 364777**

advance
brighter
futures



help llaw gyda lles meddyliol
a helping hand for people's mental wellbeing

Weekly 'Chat and Play' Session

For the Little Ones

A chance for you to grab a cuppa, have a chat with our friendly ABF team, and meet other like-minded parents and families who just 'get it' - all whilst your little ones enjoy a fun morning of play! This support group is suitable for parents and families with little ones aged 0 - 4 years.



Date: Mondays
Time: 9.30am - 11.30am
Venue: Infinity Soft Play Centre Mold

Weekly 'Walk and talk' Parents Support Group

Meet New People

An opportunity to meet and discuss all things related to parenthood with other parents and carers who 'just get it'. Currently based at the Greenfield Valley Heritage Park. Join us for a walk and treat yourself to a fabulous coffee afterwards at the Café.



Date: Tuesdays
Time: 10.00am - 11.30am
Venue: Greenfield Heritage Park

Advance Brighter Futures Hear My Voice

Build self-confidence and other skills to express your wishes and feelings.

You can either attend the face-to-face sessions or the online sessions but not a mixture of both due to restricted number of spaces.

Help can be provided over the telephone to get you set up online. You will need a computer or laptop, or you can download the zoom app on your iPad/tablet or mobile phone to attend online.



Getting to Know You



Workshop 1

In this first session we will get to know each other in a safe, non-judgemental environment. We will explore some of the fears we face when attending meetings, appointments or social situations and the difficulties we have when speaking up for ourselves.

Date: Wed Sept 11th
Time: 11.00am - 12.30pm
Venue: Holywell face to face

Date: Wed Sept 11th
Time: 2.00pm - 3.30pm
Venue: Zoom Online

Self-advocacy



Workshop 2

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

Date: Wed Sept 18th
Time: 11.00am - 12.30pm
Venue: Holywell face to face

Date: Wed Sept 18th
Time: 2.00pm - 3.30pm
Venue: Zoom Online

Positive Thinking

Workshop 3

A look at what negative & positive thinking does to our brain & how to change our thinking pattern so that we have a more optimistic attitude not only when things are going well but also when things are not. We will look at the health benefits of positive thinking.



Date: Wed Sept 25th
Time: 11.00am - 12.30pm
Venue: Holywell face to face

Date: Wed Sept 25th
Time: 2.00pm - 3.30pm
Venue: Zoom Online

Workshop 4

This session will give you the opportunity to learn the art of positive thinking. This will be your time to practice or chat with the group and gain some new techniques. All done in a safe and encouraging environment.

Positive thinking skills



Date: Wed Oct 2nd
Time: 11.00am - 12.30pm
Venue: Holywell face to face

Date: Wed Oct 2nd
Time: 2.00pm - 3.30pm
Venue: Zoom Online

Workshops 5 & 6

Active listening will enable you to understand different perspectives and find common ground. It will help you build and maintain healthy relationships. Used alongside non-verbal communication it will empower you to convey confidence and help you to advocate for yourself.

Active Listening & Non-Verbal Communication



Date: Wed Oct 9th & 16th
Time: 11.00am - 12.30pm
Venue: Holywell face to face

Date: Wed Oct 9th & 16th
Time: 2.00pm - 3.30pm
Venue: Zoom Online

Self-esteem



Workshop 7

Self-esteem is how we see ourselves, it's our opinions and beliefs and how we value ourselves. Our self-esteem can have positive and negative effects on many aspects of our lives, meaning building good self-esteem is important. We will look at ways to build our self-esteem for a positive impact on our lives

Date: Wed Nov 13th
Time: 11.00am - 12.30pm
Venue: Holywell face to face

Date: Wed Nov 13th
Time: 2.00pm - 3.30pm
Venue: Zoom Online

Assertiveness



Workshop 8

Assertive communication is an essential skill to learn to help us navigate life and have our voices heard by others. The skills you will learn in this session will prove helpful in all aspects of your life from relationships to speaking with professionals in a formal or informal environment.

Date: Wed Nov 20th
Time: 11.00am - 12.30pm
Venue: Holywell face to face

Date: Wed Nov 20th
Time: 2.00pm - 3.30pm
Venue: Zoom Online

Assertiveness skills



Workshop 9

By practising our assertive skills with trusted people in a safe environment, we become more confident. This will help us when we find ourselves in situations where we need to be able to speak up. This session will be full of fun activities that will get you well on your way to feeling empowered and confident.

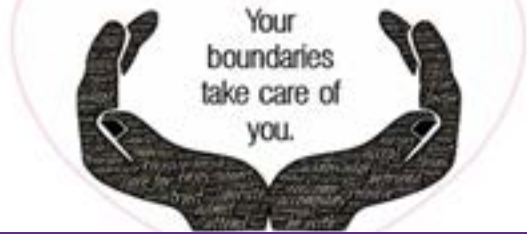
Date: Wed Nov 27th
Time: 11.00am - 12.30pm
Venue: Holywell face to face

Date: Wed Nov 27th
Time: 2.00pm - 3.30pm
Venue: Zoom Online

Setting boundaries

Workshop 10

Having personal boundaries can be difficult, we naturally want to please people, and we don't like to say no when asked for help. However, having personal boundaries is important to maintain good relationships and good communications. Why not come along and find out what your boundaries are?



Date: Wed Dec 4th
Time: 11.00am - 12.30pm
Venue: Holywell face to face

Date: Wed Dec 4th
Time: 2.00pm - 3.30pm
Venue: Zoom Online

Workshop 11

In this session we will celebrate your achievements from the last 10 weeks. You might want to join a new group, or to do that computer course you have always wanted to do. Whatever it is you want to do, having a goal in mind will make this more achievable.

Look At Me Now - What's Next



Date: Wed Dec 11th
Time: 11.00am - 12.30pm
Venue: Holywell face to face

Date: Wed Dec 11th
Time: 2.00pm - 3.30pm
Venue: Zoom Online

Workshop 12

In this session we will look at a goal you would like to achieve and work out a step by step plan, this will include sign posting you to relevant organisations who might be able to help you to achieve.

Sign posting



Date: Wed Dec 18th
Time: 11.00am - 12.30pm
Venue: Holywell face to face

Date: Wed Dec 18th
Time: 2.00pm - 3.30pm
Venue: Zoom Online

NEW Mind

At North East Wales Mind our vision is to support everyone in and around Flintshire and Wrexham in achieving the best mental health possible.

Many of our workers, volunteers and trustees have themselves experienced the impact of emotional and mental distress.

To book onto any of the courses please call:

01352 974430

email: enquiries@newmind.org.uk

"We Connect. We support. We influence.

We deliver services in our local communities in Flintshire".



Online Quiz



Zoom

Come and join us on zoom for a varied quiz with lots of discussion and debate about the questions and answers.

Date: Every Wednesday

Time: 11.00am - 11.30

Venue: Zoom Online

Buckley Foodbank



Date: Every Wednesday

Time: 1.00pm - 3.00pm

Venue: Buckley

Sign Posting

Come along to Buckley Methodist Church Hall for information, support, advice, a brew and a general chat!

Online Chair Yoga

Relax

A very calming and relaxed session for all abilities.

Please speak to the instructor at the beginning of the session if you have any special requirements



Date: Every Wednesday
Time: 1.30pm - 2.30pm
Venue: Online

Let's Chat

Meet at the café for 1pm. 3-4 km walk around Wepre Park, please wear suitable clothing / footwear for the weather conditions. Please bring a bottle of water to stay hydrated. Well behaved dogs are welcome.



Date: Every Thursday
Time: 1.00pm - 3.00pm
Venue: Connah's Quay, Wepre Park

Polish & English

Pop in for tea and toast, and to talk to our Polish support worker in regard to your mental health. If you are at the start of your journey or would like supported self-help, please pop along and see Joanna.

Funding from the Postcode Lottery

Mental health support in Polish and English



Date: Every Friday
Time: 9.00am - 12.00pm
Venue: Rivertown Church, Shotton

Mold Drop-In



Date: Every Saturday
Time: 12.30pm - 2.30pm
Venue: Tyddyn Street Church, Mold

Brew!

Come along for a hot brew and refreshments at Tyddyn Street Church, Mold every Saturday afternoon.

Live Life to the Full



Date: Starting Sept 12th
Time: 1.00pm - 3.00pm
Venue: Mold

LLTTF

Live Life to the Full (LLTTF) is a training programme designed to help improve low mood, overcome stress, sleep better, and build confidence. LLTTF is an empowering and practical way of learning key life skills in 8 sessions, to combat symptoms of anxiety and low mood.

To book on to this 8-session course please email enquiries@newmind.org.uk

WRAP



Date: Starting Nov 21st
Time: 1.00pm - 3.00pm
Venue: Mold

Wellness Recovery Action Plan

For people who experience mental health challenges and for those who care about them.

Promoting a structured approach to developing a range of strategies to support self-management in recovery from distress.

People find that doing WRAP with peers can give lots of ideas as to how you can increase your wellbeing and plenty of opportunities to bounce ideas off like-minded people.

Welcome

'Aura', is a charitable, not-for-profit organisation responsible for improving lives through health and well-being by providing leisure centres, libraries, play areas and heritage services. Most of our activities are held in different locations and at different times, please get in touch to book your place or for more information on

01352 703780

info@aura.wales



Welsh Conversation Club

Learning the Native Tongue

Come along and share a love of the Welsh language.

Beginners welcome.

Contact your local library to find out about our weekly and monthly Welsh language clubs.



Jigsaw Club

Create

Come and join our weekly jigsaw group at Buckley Library.

Free tea and coffee plus good company.



Date: Mondays
Time: 2.00pm - 3.00pm
Venue: Mold Library

Date: Wednesdays
Time: 3.00pm - 4.00pm
Venue: Buckley Library

Chat About!



Date: Tuesdays
Time: 1.00pm - 2.00pm
Venue: Deeside Library

Good Company

Come and join us at Deeside Library every Tuesday for a cuppa and a chat

Sporting Memories



Date: Wednesdays
Time: 10.00am - 11.30am
Venue: Flint Library

Bringing Back Memories

If you love talking about sport this is the group for you!
Come and join us at Flint Library.

Knit and Natter



Could Knitting be for you?

Bring your knitting or craft and join us in the library for a good natter with a cuppa!

Wed 9.30am - 11.30am - Flint
Wed 2.00pm - 3.00pm - Holywell

Thurs 10.00am - 12.00pm - Mold
Thurs 11.00am - 12.00pm - Buckley

Fri 10.00am - 12.00pm - Connah's Quay
Fri 1.00pm - 2.00pm - Deeside

Scrabble Club

Words

Come and join our friendly, weekly, Scrabble group at Broughton Library. Good company and free tea and coffee.



Date: Thursdays
Time: 2.00pm - 4.00pm
Venue: Broughton Library

Digital Buddy Session

Get your Device Ready

Do you need help with your device? Book your place at our Digital Buddy Session in Deeside Library call **01352 703770**



Date: Mon Sept 9th
Time: 10.30am - 11.30am
Venue: Deeside Library

Clay Modelling

Play with Clay

Get creative with clay! To book your place call Connah's Quay Library **01352 703730** or Holywell Library **01352 703850**



Date: Mon Sept 9th
Time: 1.00pm - 3.00pm
Venue: Connah's Quay Library

Date: Fri Sept 13th
Time: 1.00pm - 3.00pm
Venue: Holywell Library

Mindfulness Taster Session



Meditate

Join us for a relaxing Mindfulness Taster Session

To book a place call Flint Library

01352 703737 or

Mold Library

01352 703780

Date: Tues Sept 10th
Time: 3.00pm - 4.00pm
Venue: Flint Library

Date: Thurs Sept 12th
Time: 9.45am - 10.45am
Venue: Mold Library

Sea Glass Craft



Craft

Join us at Buckley Library for a morning of Craft and Mindfulness.

To book your place call

01352 703860

Date: Wed Sept 11th
Time: 10.00am - 12.00pm
Venue: Buckley Library

Introduction to Makaton



Learn Makaton

Makaton is a language programme that uses symbols, signs and speech to support development of essential communication skills.

Join us at Broughton Library for an Introduction to Makaton.

To book your place call

01352 703760

Date: Thurs Sept 12th
Time: 1.30pm - 2.30pm
Venue: Broughton Library

Customer Services

Level 2 Customer Service

Would you like to learn some Customer Service skills? join us in partnership with Adult Community Learning Free course if you are over 19 and live or work in Flintshire. To book your place email

ACL@aura.wales



Date: Thurs Sept 5th
Time: 10.00am - 2.00pm
Venue: Mold Library

Mental Health Awareness

Level 2 Mental Health Awareness

Free course if you are over 19 and live or work in Flintshire. To book your place email

ACL@aura.wales



Date: Fri Sept 6th
Time: 9.30am - 3.30pm
Venue: Connah's Quay Library

Emergency First Aid

Level 3 Emergency First Aid

Obtain a level 3 certificate in Emergency First Aid and be ready for anything! Free course if you are over 19 and live or work in Flintshire. To book your place email

ACL@aura.wales



Date: Thurs Oct 10th
Time: 9.30am - 3.30pm
Venue: Mold Library

Food Hygiene



Date: Mon Oct 14th
Time: 9.30am - 3.30pm
Venue: Flint Library

Level 2 Food Hygiene

Learn some Food Hygiene do's and don't's on this one day course. Free course if you are over 19 and live or work in Flintshire.

To book your place email
ACL@aura.wales

Adult Learners Week



Date: Tues Sept 10th, Thurs Sept 12th
Time: 1.00pm - 3.00pm
Venue: Tues - Flint , Thurs - Mold Libraries

Learn IT

For those who are complete beginners and have little or no experience using IT, aiming to build their confidence. The course is delivered in a friendly, informal way and is learner centred.

Each course runs for 1 day a week over 6 weeks.

For more information, or if you can't attend these dates and are interested in future courses, please contact us on

01978 757524 or email
training@groundworknorthwales.org.uk

IT Skills for Beginners



Gogledd Ddwyrain Cymru
Dysgu Cymunedol i Oedolion
Adult Community Learning
North East Wales

Date: Tues Sept 10th, Wed Sept 18th
Time: 1.00pm - 3.00pm
Venue: Tues - Mold , Wed- Flint Libraries

Taster Sessions

Join us in Adult Learners Week to find out more about our free adult community learning courses we are running across Flintshire.

Join us for taster activities relating to health, wellbeing and digital skills and to find out more about our free Adult Community Learning offer for people aged 19+ living in Flintshire.

For more information, phone

01978 757524 or email
training@groundworknorthwales.org.uk

Personal Tutoring

1 to 1 Tutoring

Strength in Numbers (Multiply) can offer free personal tutoring that fits around you up to Level 2 equivalent (Level 4/ GCSE Grade C). Sessions are informal and friendly and can be delivered online or face to face, you will be supported to learn at your own pace.

Want to find out more text us on

07765741182

We are on WhatsApp too



Explore

Join us at Explore! Nature for our Numbers in Nature programme - a unique event tailored for adults, unveiling the secrets of numbers through the beauty of our natural environment.

Lunch included

Email:

Nature@xplorescience.co.uk

to sign up

Sessions take place at Xplore! Nature, Northop Campus CH76AA

Numbers in Nature



Date:	Thurs Oct 3rd, 10th, 17th, 24th & Nov 4th
Time:	10.00am - 2.00pm
Venue:	Northop

Keep Learning

These free of charge classes allow you to work at your own pace and level on the topics you need. They take place at various community venues, where you can work up to an accredited Level 2 qualification, the equivalent to a GCSE grade C.

to find out more contact:

skillsforadults@cambria.ac.uk

01978 267367

Improve your English & Maths



Grab Your Guitar



Date: Tuesdays
Time: 10.00am - 11.30am
Venue: Holywell

Music

Come along and join in with other guitar players for a weekly jamming session in a fun and relaxed atmosphere. Basic chord skills required.

Please note:

We are unable to provide you with a guitar. Please bring your own

Basic DIY Skills



Date: Tuesdays
Time: 12.30pm - 2.30pm
Venue: Holywell

Make & Build

An opportunity to explore simple DIY skills. Learn to use different tools in a safe and friendly space. A chance to make a range of useful items in a fun environment!

Listen and Learn



Date: Thursdays
Time: 12.30pm - 2.30pm
Venue: Holywell

Personal Growth

By understanding a bit about counselling and how it works, you will begin to develop the attitudes and skills that are needed to listen well, both to others and to yourself. You will begin to see how listening can lead to improvements in well-being and resilience and to personal growth.

Welsh Language and Culture Course



Date: Fridays
Time: 10.00am - 11.30am
Venue: Online

Cymraeg

Join us for our popular accredited Welsh course where you will have fun learning all about the traditions, culture and history of Wales. Welsh heritage is rich and vibrant – don't forget one of the nation's symbols is a dragon!

KIMaoke



Date: Fridays
Time: 10.00am - 12.00pm
Venue: Holywell

Sing

A fun group that blends the increased confidence that comes with being part of KIM with the laughter that comes with taking part in karaoke. No previous singing experience required just a willingness to have a go in a supportive, non-judgemental environment.

KIM Community Garden



Date: Fridays
Time: 10.30am - 12.30pm
Venue: Holywell

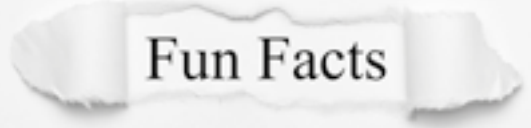
Get involved

Come and join our weekly gardening group and be involved in all aspects of the KIM garden. We have a range of vegetable and flowerbeds, a greenhouse and loads of interesting things to get involved in!

That's Interesting!

KIM for Him

A space for men to talk openly, without judgement. The sessions combine fun activities such as quizzes alongside looking at a range of topics, which seek to improve mental health and overcome social anxieties. Guest speakers from relevant partner organisations will also join us.



Date: Tuesdays
Time: 11.00am - 12.00pm
Venue: Online

KIM for Him

Join KIM to launch a brand new repair café project. If you have skills you'd like to share or are keen to learn, join us as we begin this innovative enterprise. We'll work together to come up with ideas of how we'd like the venture to be run, whilst learning from each other.

Fix It Fridays!



Date: Fridays
Time: 12.30pm - 2.30pm
Venue: Holywell

KIM for Her

Come along to our friendly group for new women and let us introduce you to KIM! A place in which to build confidence, resilience and take your first steps to a brighter future. Together, we will focus on improving mental health through increasing resilience and boosting self-esteem in a safe, friendly and fun environment. Why not stay for our KIM for Her Glow & Grow session at 12.30pm.

Welcome to KIM 4 Her



Date: Thursdays
Time: 10.30am - 12.00pm
Venue: Holywell

Creative Space



THINK
DIFFERENT

Date: Tuesdays

Time: 12.30pm - 2.30pm

Venue: Holywell

KIM for Her

Come along each week to enjoy the lasting benefits of creativity. The group will make and produce a range of items. This is a great opportunity to learn new skills, develop your artistic flair and have a lovely time.

Countdown to Christmas



Date: Thursdays from Oct 17th

Time: 10.30am - 12.00pm

Venue: Holywell

KIM for Her

Make your very own advent calendar, ready for the 1st December. Spend the six weeks crafting a wonderful festive calendar for your very own countdown to Christmas. Please note: You must be able to attend every week to complete the project.

Feeling Festive



Date: Mondays from Nov 4th

Time: 1.00pm - 2.30pm

Venue: Holywell

Festive Vibes

Come and join us as we countdown to Christmas with a fun mix of activities to keep us feeling bright and positive as we combat the darker, colder months.

Citizens Advice Flintshire

Open-door drop-in sessions at Citizens Advice Flintshire, where you can speak to an adviser face-to-face. This has been set up to ensure we meet the needs of everyone in our community. If you need free, independent, confidential and impartial advice, and you're struggling to get in touch with us digitally, you can now visit us at one of our locations and get help face-to-face.

Freephone - 0808 278 7923

WhatsApp - 07862 138273

Text - 07862 138271



Date: Wednesdays
Time: 9.00am - 12.30pm
Venue: Terrig House, Mold

Drop-in

Please join us for support and advice on anything from benefits and debt to housing and immigration... We're here to help the local community.

Shotton



Date: Mondays & Fridays
Time: 9.00am - 12.00pm
Venue: Rivertown Church, Shotton

Drop-in

Please join us for support and advice on anything from benefits and debt to housing and immigration... We're here to help the local community.

Holywell



Date: Tuesdays
Time: 9.30am - 1.00pm
Venue: Gwenffrwd Road, Holywell

Buckley



Drop-in

Please join us for support and advice on anything from benefits and debt to housing and immigration... We're here to help the local community.

Date: Wednesdays
Time: 9.00am - 12.30pm
Venue: Terrig House, Mold

Date: Wednesdays
Time: 1.00pm - 3.00pm
Venue: Cross Methodist Church, Buckley

Deeside



Drop-in

Please join us for support and advice on anything from benefits and debt to housing and immigration... We're here to help the local community.

Date: Thursdays
Time: 9.00am - 12.30pm
Venue: Cable Street., Connah's Quay

Flint



Drop-in

Please join us for support and advice on anything from benefits and debt to housing and immigration... We're here to help the local community.

Date: Thursdays
Time: 9.30am - 12.00pm
Venue: Flint Library

Tai Chi and Stretch

Running over 8 weeks

These sessions are gentle exercises classes, with seated and stood exercises adaptable for all abilities. Sessions aim to improve, mobility, strength and balance, and finish each week with a guided relaxation.

Call the team to book onto this course

03000 859 625



Date: Tues from Sept 3rd - Oct 22nd
Time: 2.30pm - 3.30pm
Venue: Flint Health and Wellbeing Centre

Running over 6 weeks

Covering a range of health improvement topics, such as stress, relaxation, nutrition and being active, to help people live healthier lifestyles. Please note there is no session on Tuesday 12th November.

Call the team to book onto this course

03000 859 625

Kick Start Programme



Date: from Tues Oct 29th - Dec 3rd,
Time: 10.00am - 11.30am
Venue: Flint Health and Wellbeing Centre

Running over 6 weeks

This 6 week Come and Cook programme is designed and quality assured by BCUHB's Public Health Dieticians, and delivered by registered Nutritionists from the BCUHB Health Improvement Team. Each week covers a different nutritional education topic, as well as practically making and eating healthy meals.

Call the team to book onto this course

03000 859 625

Come and Cook



Date: from Thurs Nov 7th - Dec 12th
Time: 10.00am - 12.00pm
Venue: Flint Town Hall



WANT TO TRY SOMETHING NEW?

SUGGESTIONS
ARE ALWAYS
WELCOME!



Contact Charlotte with your ideas on
07826 902206

Directory

Local Mental Health Support

Advocacy Service North East Wales

01352 759332

www.asnew.org.uk

Providing an independent, confidential and free advocacy service for people living in Flintshire or Wrexham experiencing mental health problems.

The FDF (formerly the Flintshire Disability Forum)

01352 756618

www.thefdf.org.uk

Working together to nurture, develop and support enablement, equality, independent living and mobility throughout Wales.

Adferiad

www.adferiad.org

Providing help and support for people with mental health, substance use addiction and other complex needs

KIM (Knowledge, Inspiration, Motivation)

01352 872189

www.kim-inspire.org.uk

Helping and inspiring people to improve their mental health through engagement with group led activities throughout Flintshire and Wrexham.

North East Wales Mind

01352 974430

www.newmind.org.uk

Helping people across Flintshire and Wrexham to recover from mental health problems and stay emotionally healthy.

Parabl

0300 777 2257

www.parabl.org

Offers talking therapies for people with mild to moderate mental health problems.

SOBS (Survivors of Bereavement by Suicide)

01352 755895

www.uksobs.org

Providing an opportunity to talk confidentially with someone who has been bereaved by suicide and to know that you are not alone in your experience.

Community Drug and Alcohol Service (CAIS)

www.cais.co.uk

Flintshire 01244 831 798

Wrexham 01978 261125

Helping people who are having problems with addictions, mental health, personal development and employment.

Meic

0808 80 23456 / Text 84001

www.meiccymru.org

Information and advice for children and young people (under 25) in Wales.

CALL Helpline (Community Advice and Listening Line)

0800 132737

www.callhelpline.org.uk

Wales wide mental health 24 hour telephone helpline.

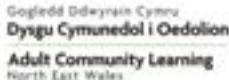
Advanced Brighter Futures

01978 364777

www.advancebrighterfutures.co.uk

A Helping Hand For People's Mental Health For Over 30 Years.

We're a mental health and wellbeing charity.



Flintshire Learning for

Wellbeing

Programme



SCAN ME

www.flintshirewellbeing.org.uk